

Being Human Together






Communication That Works for Real Moments at Lakes of Fire

As a volunteer, you may find yourself with people who are overwhelmed, intoxicated, or navigating strong emotions.

These moments can feel unpredictable—and they matter.

This session offers a grounded introduction to compassionate communication with NVC, focusing on OFNR—observation, feelings, needs, and requests—and practicing what actually helps in real situations.

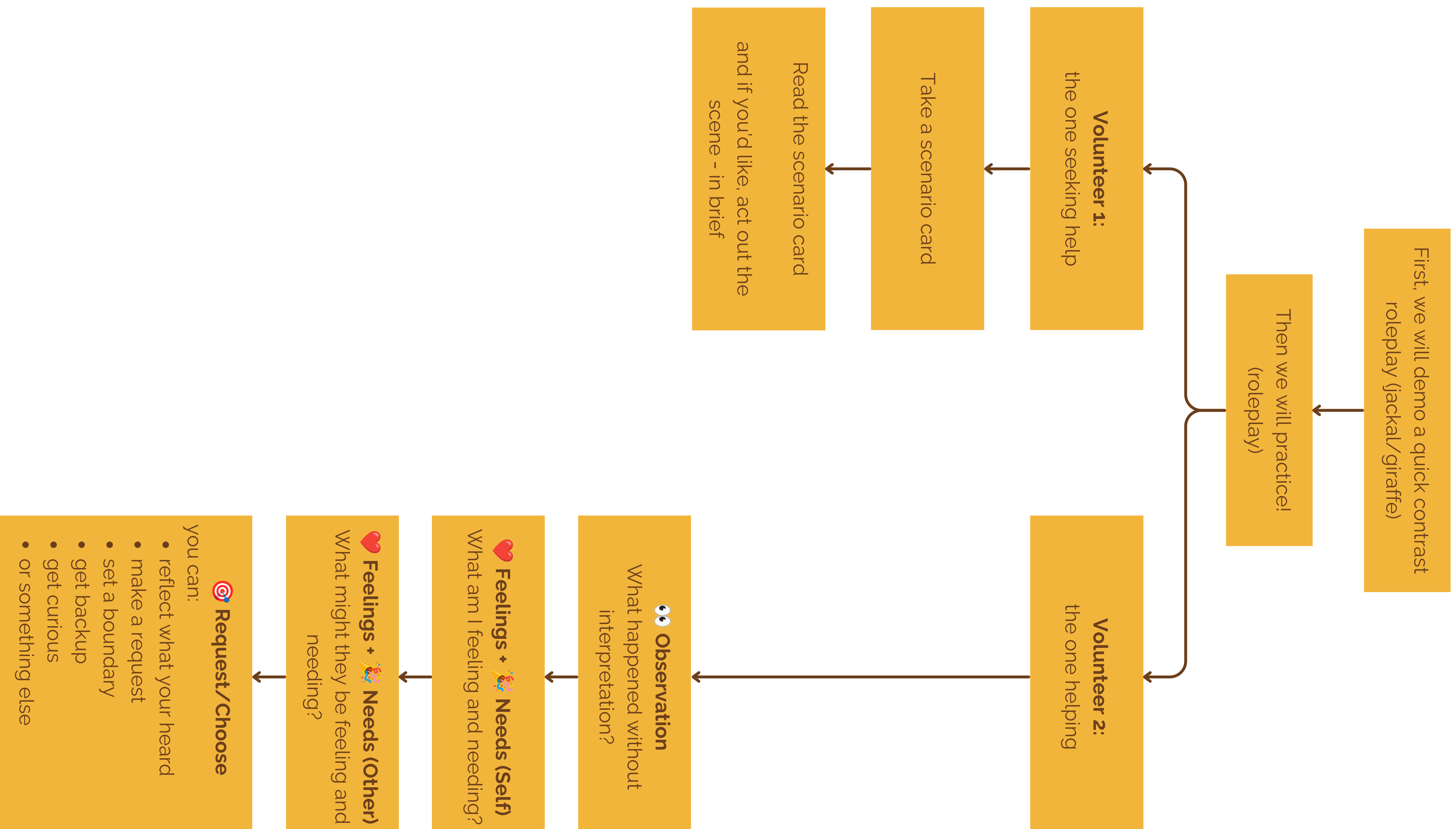
We'll explore how to:

-  **(feelings/needs)** stay connected to yourself and others, under pressure, with curiosity
-  **(observation)** notice what's happening without adding story, and stay curious about what might be underneath
-  **(feelings/needs)** respond in ways that help people feel seen and heard, supporting de-escalation
-  **(requests)** express clear limits and boundaries while staying connected
-  **(needs / integration)** support safety while still treating people with care

This is a hands-on, experience-based session.

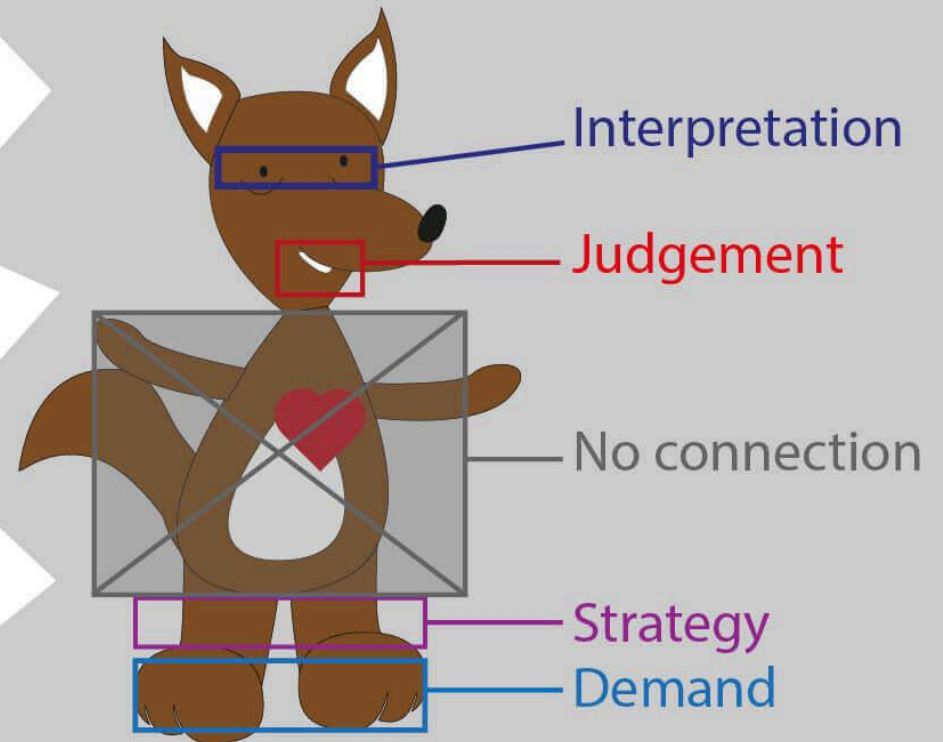
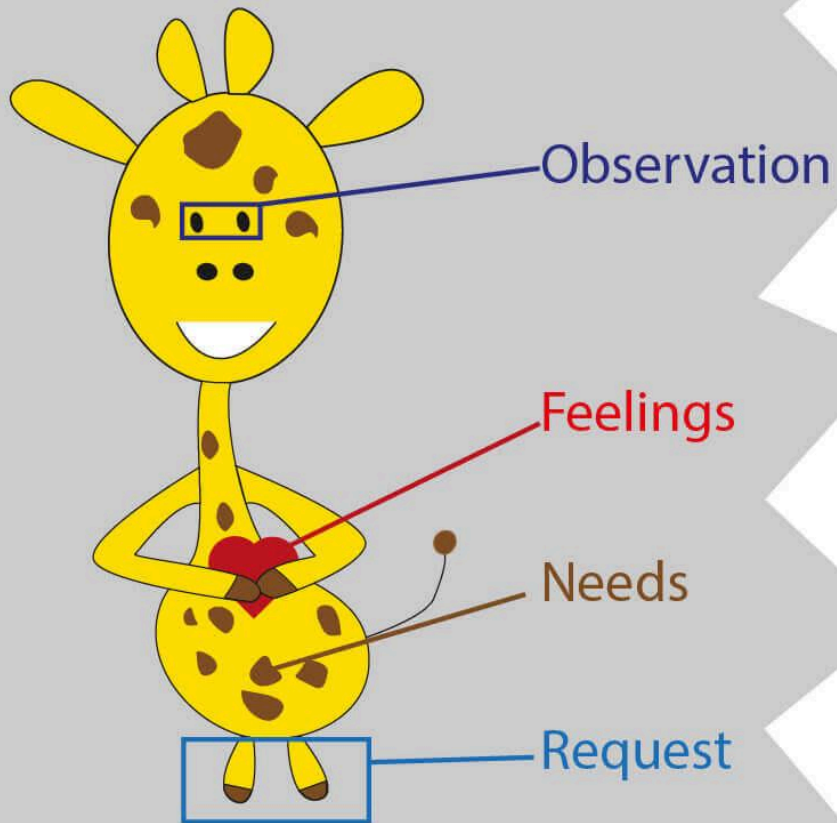
You're welcome to participate or simply observe—everything is by choice.

Walking through OFNR in a Tough Moment (roleplay practice)




NVC WORLD


THE WORLD AS MOST OF US KNOW IT



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Two Modes, One Human

 **The Giraffe (Heart)** Because they have the largest heart of any land animal, they symbolize leading with vulnerability, observation, and feelings.

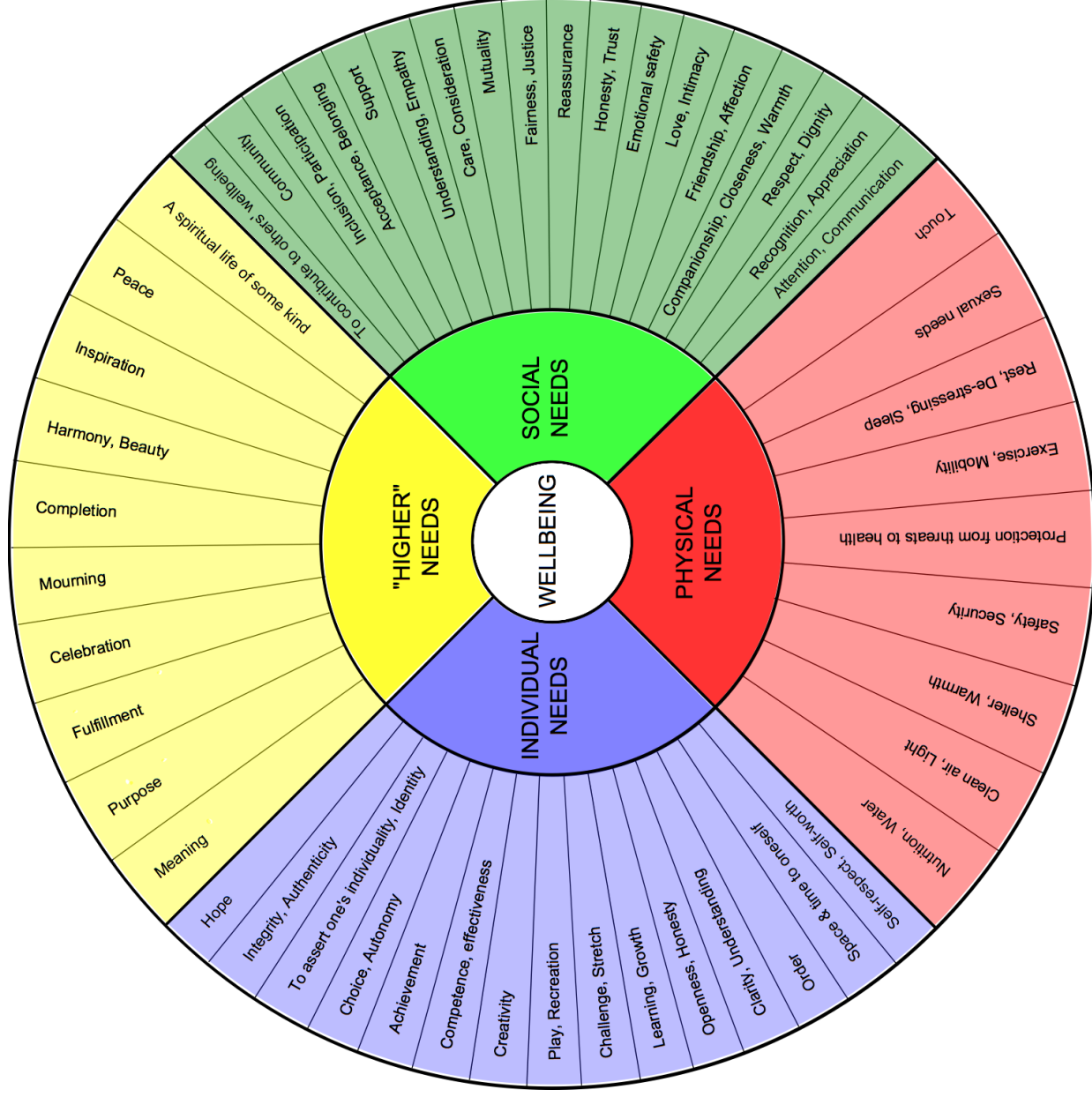
 **The Jackal (Habit)** Represents our conditioning to interpret, judge, and demand

- **The Goal:** We don't "kill" the Jackal. We learn to listen to it.
- **Judgments:** Are not "bad"—they are just tragic expressions of unmet needs. We want to remove the shame and punishment, not the signal.
- **Requests vs. Demands:** Humans fundamentally want to help each other.

Demands create resistance


Requests invite natural giving

WHEEL OF NEEDS



We want this material to be accessible to as many people as possible.

You are welcome to use it provided that you:

- include the 'copy/left' symbol  on any copies that you make
 - do not use the material for commercial purposes
 - acknowledge Alison Harper and Jenny Edwards as the originators of this diagram.
- Alison and Jenny gratefully acknowledge their debt to:
- Human Givens developed by Joe Griffin and Ivan Tyrell
 - Nonviolent Communication developed by Marshall Rosenberg.

Faux feelings	Feelings	Needs
Abandoned	Terrified, Hurt, Bewildered, Sad, Frightened, Lonely	Nurturing, Connection, Belonging, Support, Caring
Abused	Angry, Frustrated, Frightened	Caring, Nurturing, Support, Well-being
(Not) accepted	Upset, Scared, Lonely	Inclusion, Connection, Community, Belonging
Attacked	Scared, Angry	Safety
Belittled	Angry, Frustrated, Tense, Distressed	Respect, Autonomy, To Be Seen, Acknowledgment
Betrayed	Angry, Hurt, Disappointed, Enraged	Trust, Dependability, Honesty, Honor
Blamed	Angry, Scared, Confused, Antagonistic, Hostile	Accountability, Causality, Fairness, Justice
Bullied	Angry, Scared, Pressured	Autonomy, Choice, Safety, Consideration
Cheated	Resentful, Hurt, Angry	Honesty, Fairness, Justice, Trust, Reliability
Coerced	Angry, Frustrated, Frightened, Thwarted, Scared	Choice, Autonomy, Freedom, Act Freely
Cornered	Angry, Scared, Anxious, Thwarted	Autonomy, Freedom
Criticized	In Pain, Scared, Anxious, Humiliated	Understanding, Acknowledgement, Recognition
Discouraged	Hurt, Angry, Embarrassed, Frustrated	Need to Matter, Acknowledgement, Inclusions
Disliked	Sad, Lonely, Hurt	Connection, Appreciation, Understanding
Distrusted	Sad, Frustrated	Trust, Honesty
Dumped on	Angry, Overwhelmed	Respect, Consideration
Harassed	Angry, Frustrated, Pressured, Frightened	Respect, Space, Consideration, Peace
Hassled	Irritated, Distressed, Angry, Frustrated	Serenity, Autonomy, Calm, Space
Ignored	Lonely, Scared, Hurt, Sad	Connection, Belonging, Inclusion

Note: These are examples to support curiosity, not fixed rules. Each person's inner experience is unique, so the feelings and needs underneath a faux feeling may be different from person to person.

Faux feelings	Feelings	Needs
Insulted	Angry, Embarrassed	Respect, Consideration, Acknowledgement
Interrupted	Angry, Frustrated, Resentful, Hurt	Respect, To Be Heard, Consideration
Intimidated	Scared, Anxiety	Safety, Equality, Empowerment
Invalidated	Angry, Hurt, Resentful	Appreciation, Respect, Acknowledgement, Recognition
Invisible	Sad, Angry, Lonely, Scared	To Be Seen and Heard, Inclusion, Belonging
Isolated	Lonely, Afraid, Scared	Community, Inclusion, Belonging, Contribution
Left Out	Sad, Lonely, Anxious	Inclusion, Belonging, Community, Connection
Let Down	Sad, Disappointed, Frightened	Consistency, Trust, Dependability
Manipulated	Angry, Scared, Powerless, Thwarted, Frustrated	Autonomy, Empowerment, Trust, Equality, Freedom
Mistrusted	Sad, Angry	Trust
Misunderstood	Upset, Angry, Frustrated	To Be Heard, Understanding, Clarity
Neglected	Lonely, Scared	Connection, Inclusion, Participation, Community
Overpowered	Angry, Impotent, Helpless, Confused	Equality, Justice, Autonomy, Freedom
Overworked	Angry, Tired, Frustrated	Respect, Consideration, Rest, Caring
Patronized	Angry, Frustrated, Resentful	Recognition, Equality, Respect, Mutuality
Pressured	Anxious, Resentful, Overwhelmed	Relaxation, Clarity, Space, Consideration
Provoked	Angry, Frustrated, Hostile, Antagonistic, Resentful	Respect, Consideration
Put Down	Angry, Sad, Embarrassed	Respect, Acknowledgement, Understanding
Rejected	Hurt, Scared, Angry, Defiant	Belonging, Inclusion, Closeness, To Be Seen

Note: These are examples to support curiosity, not fixed rules. Each person's inner experience is unique, so the feelings and needs underneath a faux feeling may be different from person to person.

Faux feelings	Feelings	Needs
Ripped off/Screwed	Angry, Resentful, Disappointed	Consideration, Justice, Fairness
Smothered/Suffocated	Frustrated, Scared, Desperate	Space, Freedom, Autonomy, Authenticity
Taken for Granted	Sad, Angry, Hurt, Disappointed	Appreciation, Acknowledgement, Recognition
Trampled	Angry, Frustrated, Overwhelmed	Empowerment, Connection, Community, To Be Seen
Tricked	Embarrassed, Angry, Resentful	Integrity, Trust, Honesty
Unappreciated	Sad, Angry, Hurt, Frustrated	Appreciation, Respect, Acknowledgement
Unheard	Sad, Hostile, Frustrated	Understanding, Consideration, Empathy
Unloved	Sad, Bewildered, Frustrated	Love, Appreciation, Empathy, Connection
Unseen	Sad, Anxious, Frustrated	Acknowledgement, Appreciation, Be Heard
Unsupported	Sad, Hurt, Resentful	Support, Understanding
Unwanted	Sad, Anxious, Frustrated	Belonging, Inclusion, Caring
Used	Sad, Angry, Resentful	Autonomy, Equality, Consideration, Mutuality
Victimized	Frightened, Helpless	Empowerment, Mutuality, Safety, Justice
Violated	Sad, Agitated, Anxious	Privacy, Safety, Trust, Space, Respect
Wronged	Angry, Hurt, Resentful, Irritated	Respect, Justice, Trust, Safety, Fairness

Note: These are examples to support curiosity, not fixed rules. Each person's inner experience is unique, so the feelings and needs underneath a faux feeling may be different from person to person.

Universal Basic Needs

PHYSICAL WELL-BEING

air
nourishment (food, water)
light
warmth
rest / sleep
movement / physical
exercise
health
touch
sexual expression
shelter / security / safety /
emotional safety /
protection from pain /
protection / preservation
comfort

HARMONY

peace
beauty
calm / equanimity /
relaxation / tranquility
ease
order
coherence / congruence
sustainability
stability / balance
communion / wholeness
completion / digestion /
integration
predictability / familiarity
equality / justice / fairness

CONNECTION

love / self-love
care / self-care
belonging
closeness / intimacy
empathy / compassion
appreciation / gratitude
acceptance
recognition
reassurance
affection
attention
openness
trust
communication
sharing / exchange
giving / receiving
tenderness / softness
sensitivity / kindness
respect
seeing (see & be seen)
hearing (hear & be heard)
understanding (understand
& be understood)
consideration / inclusion /
that my needs matter /
participation
support / help / nurturance
cooperation / collaboration
community / fellowship /
companionship / partnership
mutuality / reciprocity
consistency / continuity

MEANING

contribution / enrich life
presence / centeredness
self-connection
hope / vision / dream / faith
clarity / focus / concentration
to know (be in reality)
learning
awareness / consciousness
inspiration / creativity
challenge / stimulation
growth / evolution / progress
expansion
exploration / development
power / (inner) strength /
empowerment
competence / capacity
self-value / self-confidence /
self-esteem/ dignity /
efficacy / effectiveness
to matter / take part in /
have my place in the world
spirituality / purpose
liberation / transformation
Interdependence
simplicity
celebration / mourning

FREEDOM

choice / acting out of my
own spirituality
autonomy
independence
space / time

HONESTY

authenticity
(self) expression
integrity
transparency
realness / truth

PLAY

liveliness / alive / vitality
flow
passion
spontaneity
fun
humor / laugh / lightness
discovery / adventure
variety / diversity
renewal / refreshment

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Connecting2Life
THE ART OF DIALOGUE

Pleasant (expansion)

Feelings - Sensations - Emotions

Unpleasant (constriction)

CALM

relaxation grounded
 serene centered
 tranquil trusting
 peaceful relief
 quiet content
 at ease fulfilled
 comfortable satisfaction
 at home mellow

LIVELY

awake vibrant
 excitement bliss
 enthusiasm ecstatic
 eager radiant
 energetic thrill
 passionate astonishment
 alive amazement
 surprise tingle

CONFUSION

torn
 doubt
 lost
 hesitant
 bafflement
 perplex
 puzzled

BODY SENSATIONS

knot in the belly shrink
 lump in the throat sick
 inner rush weak
 disgust empty
 choking shaky
 breathless dizzy
 squeeze foggy
 trembling cold

WORRY

anxious
 edgy
 unquiet
 concern
 stress/tense
 nervous

HAPPY

joy delight
 amusement glad
 animated pleased

COMPASSION

tender touched
 warm moved
 open affection
 loving friendly

FEAR

afraid
 scared
 suspicion
 panic
 paralyzed
 terror
 apprehension

SAD

heavy heart hopeless
 nostalgic helpless
 melancholy gloomy
 disappointment down
 discouragement longing
 depression despair

ANNOYANCE

irritation
 frustration
 exasperation
 impatient

CURIOUS

fascination inspiration
 interest anticipation
 involvement wonder
 engagement

GRATEFUL

appreciation openhearted
 thankful encouragement

ANGER

upset
 furious
 rage
 resentful

CONFIDENT

empowerment
 proud
 hopeful
 optimistic
 strong

REFRESHMENT

rested
 enlivened
 restored
 reactivation
 clearheaded
 exuberant

FATIGUE

overwhelm
 burn-out
 exhaustion
 sleepy
 tired

PAIN

guilt heartbreak
 hurt miserable
 lonely devastation
 grief regret
 agony remorseful
 suffer turmoil

HATE

hostile
 aversion
 bitter
 disgust
 contempt
 dislike



VULNERABLE

fragile
 insecure
 reservation
 sensitive

AGITATION

uncertain alert
 troubled restless
 unsettle shock
 cranky uncomfortable
 disquiet uneasy

BOREDOM

apathetic
 numb
 far
 withdraw
 disengagement

JEALOUS

envious

SHAME

embarrassment shy



Empathy in Action

*Compassionate Communication
with NVC*



Learning to Love
Ourselves and Others