Empathy in Action

Compassionate Communication with NVC

Learning to Love
Ourselves and Others

Some Ground Rules

1. Create Safety Together 🤝

Connect with curiosity and kindness.

Respect all perspectives, limits, and privacy.

2. Self-Care First 🔋

Listen to your own needs.

If you need a break, take it.

3. Challenge by Choice 🌱

You can always say "Pass."

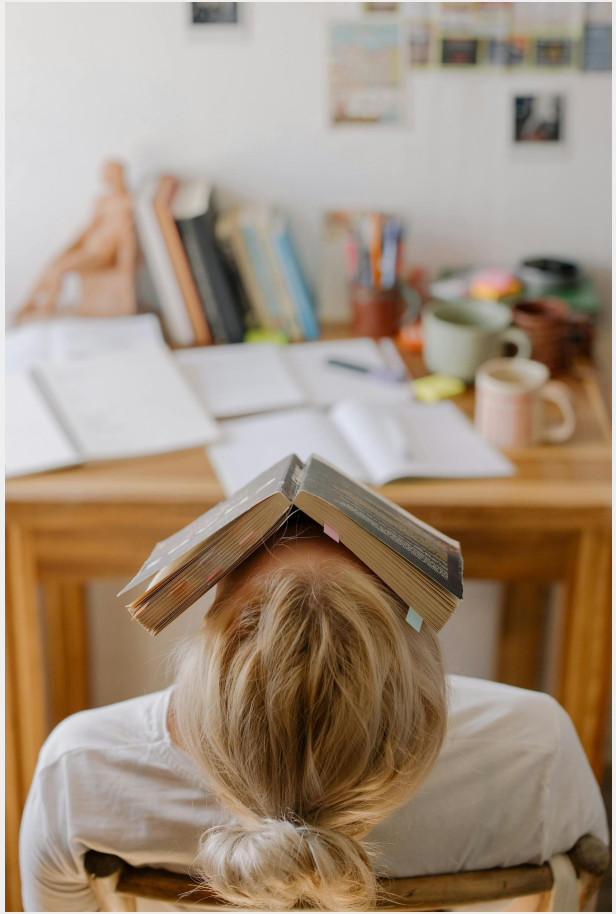
Stretch your comfort zone, but don't snap it! 🤸

Code of Conduct

Disclaimer: Use with Caution 🚧

Side effects of authenticity include:

- Awkwardness & Vulnerability 🙈
- Getting fired from a job you hated anyway 📉🤷‍♂️
- Walking away from relationships that don't serve life 👋💔



Our Communication Approach

Practicing empathy through real conversation

- **Speak from the Heart:** 🗣️ Share your own genuine feelings and needs using "I" statements.
- **Listen to Connect, Not to Fix:** 👂 Our goal is to understand the other person's experience deeply, rather than trying to change it.
- **Value All Voices:** 🌈 Diverse viewpoints are welcomed, encouraged, and celebrated here.
- **Connection over Perfection!** 🧩 It's okay to be messy. We value the intention to connect more than getting the words "right."

Why are We Doing This?

The Energy of Curiosity 🔦✨

We replace judgment with wonder. Curiosity creates the open space where safety, authenticity, and connection can grow.

Permission to be Imperfect 🫣🩱 This is a safe space to be messy. We learn more from our authentic stumbles than from "getting it right."

Playground for Growth 🛝 We explore NVC with playfulness and boldness—feeling deeply and learning to love ourselves and others.

Feelings - Sensations - Emotions

Pleasant (expansion)

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

HAPPY
joy
delight
amusement
glad
animated
pleased

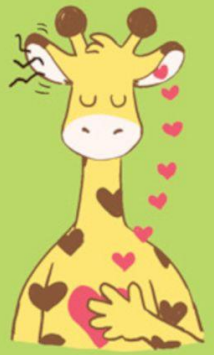
COMPASSION
tender
touched
warm
moved
open
affection
loving
friendly

CURIOUS
fascination
inspiration
interest
anticipation
involvement
wonder
engagement

GRATEFUL
appreciation
openhearted
thankful
encouragement

CONFIDENT
empowerment
proud
hopeful
optimistic
strong

REFRESHMENT
rested
enlivened
restored
reactivation
clearheaded
exuberant



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THE ART OF DIALOGUE

Nonviolent Communication

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

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

ANGER
upset
furious
rage
resentful

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

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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THE ART OF DIALOGUE

Introductions

Rapid Check-In (~20 seconds/person) ⚡⏱️

Please share:

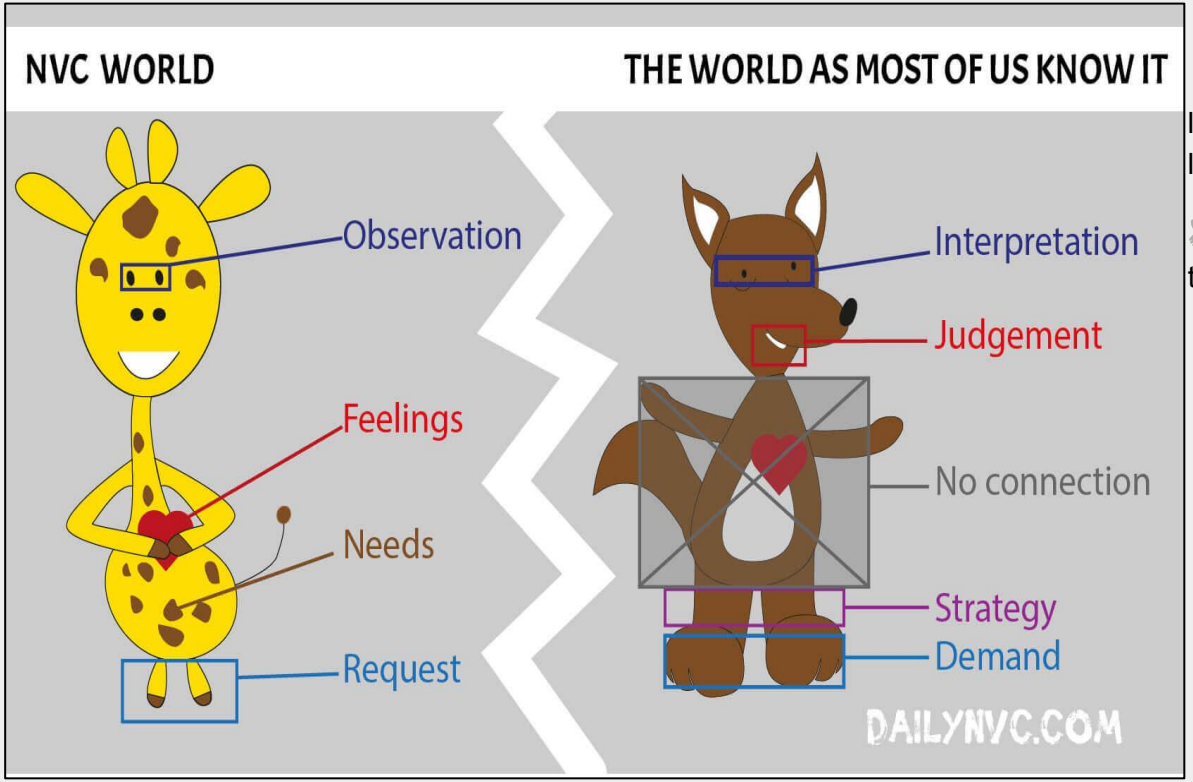
👋 **Name**

🌱 **Experience:** Are you new to NVC?

❤️ **Feeling:** 1-2 words describing how you feel right now.

🔋 **Need:** 1-2 words describing a need you have (met or unmet).

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.

Questions to Help You Discover Who *You* Are

What are **you** *feeling*?

Sad, angry, tired

What do **you** *need*?

care/comfort (universal need)

What do **you** *want*?
(to satisfy **your** need?)

You want a hug

What is **your** *request*?

“Can you please give me a hug?”

🎉 **How do YOU want to live YOUR life?** 🎉

The Parts of NVC

Observation

Observation involves identifying both internal and external events, while acknowledging personal interpretations and judgments.

Feeling

A feeling is a sensation in your body that arises from met or unmet needs.

Need

Needs are the conditions human beings require in order to **thrive**.

Request

A Request is a way to ask for what you want in a way that promotes connection and finding mutually beneficial solutions.

Example of an NVC Request

I feel frustrated when I come home and find dishes in the sink (observation + feeling).

It's important to me to have a tidy space to relax (need).

Would you be willing to load the dishwasher after meals (request)?

Get up and shake it off!

Activity

Giraffe Hot Potato (group exercise)

Goal:

To build NVC muscle memory! We are practicing how to quickly identify the 4 steps (Observation, Feelings, Needs, Requests) in real-time.

Skills we are building:

- 👀 **Clear Observation:** Separating facts from stories.
- ❤️ **Self-Empathy:** connecting our own feelings to needs.
- 🤔 **Curiosity:** Getting interested instead of defensive.
- 🎉 **Play:** Learning through connection, not perfection.

Giraffe Hot Potato (example)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation	When I expressed how I felt, you changed the topic; I feel…			
❤️ **Feelings**	scared	curious	angry	frustrated
🔋 Needs	Safety, security	understanding	To be heard	To have space
🗣️ Request	Can we talk about what just happened?	Hey, you seem like your stressed, let's talk about what you need	Can we talk about what I expressed?	I'm going to take 5 minutes and regroup

Goal: To build NVC muscle memory! We practice identifying the 4 steps (Observation, Feelings, Needs, Requests) in real-time.

How to Play:

1. **The Spark:** We start with one **Observation** (e.g., "I heard a sigh"). 🎬
2. **Fill the Grid:** The group calls out *any* **Feeling**, **Need**, or **Request** that might fit.
   - *Tip:* You can guess for *your* perspective or the *other person's*.
3. **The Statement:** Finally, we walk through the full sentence together:
   - *"When I [Observation], I feel [Feeling] because I need [Need]. Would you [Request]?"* 🗣️

Scenario 1: The Inner Critic (Self-Talk)

- **Observation:** When I noticed my mind repeating "you should have known better" after I made that scheduling mistake...
- **Feelings:** Heavy / Defeated / Self-Critical
- **Needs:** Self-Compassion / Acceptance / Learning
- **Request:** Would I be willing to take a deep breath and remind myself that mistakes are how I grow?

Scenario 2: Social Media Comparison

- **Observation:** When I spent 30 minutes scrolling through updates and comparing my progress to where others seem to be...
- **Feelings:** Inadequate / Lonely / Restless
- **Needs:** Self-Worth / Authenticity / Peace
- **Request:** Can I step away from the screen for 10 minutes and write down three things I appreciate about my own journey?

Scenario 3: Overcommitting & People-Pleasing

- **Observation:** When I said "yes" to hosting the extra gathering this weekend even though my energy was already low...
- **Feelings:** Tired / Resentful / Overwhelmed
- **Needs:** Self-Care / Boundaries / Rest
- **Request:** Would I be open to sending a gentle message to pass the hosting duties to someone else this time?

Scenario 4: Unmet Expectations

- **Observation:** When I looked at my to-do list at the end of the day and saw that three major tasks were still left undone...
- **Feelings:** Disappointed / Frustrated / Anxious
- **Needs:** Realism / Ease / Acknowledgement
- **Request:** Can I acknowledge the things I *did* accomplish today before focusing on what is left for tomorrow?

- **The Evaluation:** "I feel slighted" blames the other person and implies intentional disrespect.
- **The Full Feeling:** Describes your actual internal emotional state.
- **The Need:** Explains *why* you feel that way based on what matters to you.

🛠️ The Fix

Here are examples of how to express the full feeling and need behind feeling "slighted":

- "I feel **hurt** and **disconnected** because I need **respect** and **belonging**."
- "I feel **resentful** and **invisible** because I value **recognition** and **fairness**."
- "I feel **sad** and **diminished** because I want to feel **valued** in this team."
- "I feel **anxious** and **unsettled** because I need **reassurance** and **clarity** on where we stand."

slighted comes from the verb **slight**. Here is its actual literal definition:

- **Definition:** To treat someone with disrespect or neglect; to ignore, insult, or reject someone by treating them as unimportant.
- **Giving Away Ownership (Other-Focused):**
  "I feel slighted by you."
  a. **What this actually means:** "You did something wrong. You diminished me. You are responsible for fixing this pain."
  b. **The Result:** It puts the focus entirely on the other person's behavior, which usually triggers defensiveness or counter-attacks.
- **Taking Full Ownership (Self-Focused):**
  "I feel hurt because consideration is really important to me."
  a. **What this actually means:** "I am experiencing pain right now because my need for consideration isn't being met. I own this

Giraffe Hot Potato (group exercise)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation	When I talk to you and you don't look at me, respond, comment, ask questions, or show visible interest; I feel…			
❤️ **Feelings**	Ignored or angry	Curious/joy	Admiration	Disappointed
🔋 Needs	Attention/connection	Learning	Learning/curiosity/understanding	Acknowledgement
🗣️ Request	Can you hear me, and can you I have 5 minutes of your time?	What's happening with you right now? I'm curious about you	Tell me what is alive in you? What is going on for you right now?	When I talk to you, can you focus on me when I talk to you?

Giraffe Hot Potato (group exercise)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation	When I talk to you and you don't look at me, respond, comment, ask questions, or show visible interest; I feel…			
❤️ **Feelings**	sad	lonely	discouraged	hurt
🔋 Needs	support	connection	presence	care
🗣️ Request	Could you ask me a question about my topic?	Could you respond to me and show me you are listening by reflecting what I have said?	Could you look at me or give me a small response while I'm talking?	Could you pause and tell me one thing you care about in what I'm sharing?

Giraffe Hot Potato (group exercise)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation	When I share how I feel and the topic changes, I feel…			
❤️ **Feelings**	anger	Scared, hurt/pain, lonely, vulnerable	Marginalized, small, insecure	relieved
🔋 Needs	To be heard	Empathy, connection	Space, attention, connection	Peace
🗣️ Request	I have some anger, you’ve done nothing wrong, but could you reflect what I just said? I have a need to be heard	Hey could you repeat what I said so I know you understand me (in your own words?)	Can I finish what I was saying before you change the topic?	Can we talk more about “positive” topics, meaning I want to talk about a different topic

Giraffe Hot Potato (group exercise)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation	When I ask for help and I don't hear a response, I feel…			
❤️ **Feelings**	angry	Slighted, hurt	irritated	relief
🔋 Needs	Support, cooperation	Respect, to matter	appreciation	autonomy
🗣️ Request	Can you give me some of your time?	Can you respond to what I said?	For me, I need a high five so I can feel appreciated Could you please leave? I need time alone	Now I get to do it my way :)

Giraffe Hot Potato (group exercise)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation	When I notice my mind repeating, “You should have known better,” after I make a scheduling mistake, I feel…			
❤️ **Feelings**	annoyed	shame	embarrassed	despair
🔋 Needs	Assurance, trust, freedom, space	Comfort, safety, relief, forgiveness, grace	Acceptance, comfort, solitude	Help, empathy, strength
🗣️ Request	Take a deep breath, it’s ok to be human I accept myself I am generally reliable I need more space	I request some time to fix my mistake, it will take time to fix this	I’m going to go talk to my friend about this so I can feel a bit better about myself	I’m going to get help with this issue so maybe I can do it less

Giraffe Hot Potato (group exercise)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation	When I notice my mind repeating, “You should have known better,” after I make a scheduling mistake, I feel…			
❤️ **Feelings**	sad	anxious	embarrassed	frustrated
🔋 Needs	self-compassion and learning	reliability and repair	acceptance and understanding	support and ease
🗣️ Request	“Would I be willing to pause, take a breath, and name one thing I can learn from this?”	“Would I be willing to check what impact this had and make one clear next step?”	“Would I be willing to remind myself that mistakes happen and I can still repair?”	“Would I be willing to create one small calendar backup system before the next event?”

Giraffe Hot Potato (group exercise)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation	When someone says, ‘Do I have to participate?’, I feel…			
❤️ **Feelings**	insecure	discouraged	irritated	relieved
🔋 Needs	safety/security/support	reassurance	rest	Well being/elective inclusion/autonomy
🗣️ Request	I’m excited because I was able to express my feelings and needs; Of myself, time after to process this insecure feeling	Of myself, time after to process this discouraging feeling	Would it be ok if we took a short break and continue in a few minutes?	Of myself, validate/express to the person that I’m glad to give them space to make their own decision

Giraffe Hot Potato (group exercise)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation	When someone says, ‘Do I have to participate?’, I feel…			
❤️ **Feelings**	curious	concerned	uncertain	relieved
🔋 Needs	clarity and consent	emotional safety and inclusion	shared understanding	honesty and choice
🗣️ Request	“Would you be willing to tell me what would help you feel more comfortable choosing whether to join?”	“Would you like to watch for now and join later if you want?”	“Would you be willing to let me know whether you’re needing more information, more space, or a different option?”	“Would you be willing to choose either participating, observing, or stepping away for a few minutes?”

Giraffe Hot Potato (group exercise)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation	When I stayed silent during the discussion instead of sharing my true perspective on the topic… I felt…			
❤️ **Feelings**	exposed	angry	Inadequate, small	Curious, observant, conscientious
🔋 Needs	Acceptance, to be heard	Safety, autonomy, expression	safety	Community, balance
🗣️ Request	Could we go around the room and ask each individual what they want to say	I noticed I stayed quiet here, but I'd like to talk about this, but I'm not feeling safe	I made a conscious decision to not talk, the world doesn't need to do anything for me here Please don't misinterpret my lack of talking as disinterest	I made a conscious decision to do this, the world doesn't need to do anything for me here Please don't misinterpret my lack of talking as disinterest

Giraffe Hot Potato (group exercise)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation	When I make dinner and you say you aren't hungry, I feel…			
❤️ **Feelings**	ANGRY	(unappreciated?) disconnected	Hurt, disappointed	
🔋 Needs	sustainability	Mutuality, shared reality, cooperation	appreciation	
🗣️ Request		In the future could you communicate to me that you will not be hungry before I cook?	Could you sit with me while I eat dinner so I could have company?	

Giraffe Hot Potato (group exercise)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation	When I make dinner and you say you aren't hungry, I feel…			
❤️ **Feelings**	Disappointed	Worried	Frustrated	Relieved
🔋 Needs	Appreciation / contribution	Care / well-being	Consideration / efficiency	Ease / flexibility
🗣️ Request	"Would you be willing to tell me earlier next time if you don't think you'll want dinner?"	"Would you tell me if something is going on with your appetite?"	"Would you be willing to let me know before I start cooking if you're not planning to eat?"	"Would you be okay with saving your portion for later?"

Giraffe Hot Potato (group exercise)

When I _____ , I feel _____ because I need _____ . Would you _____ ?

🎬 Observation				
❤️ **Feelings**				
🔋 Needs				
🗣️ Request				

Get up and shake it off!

Get up and shake it off!

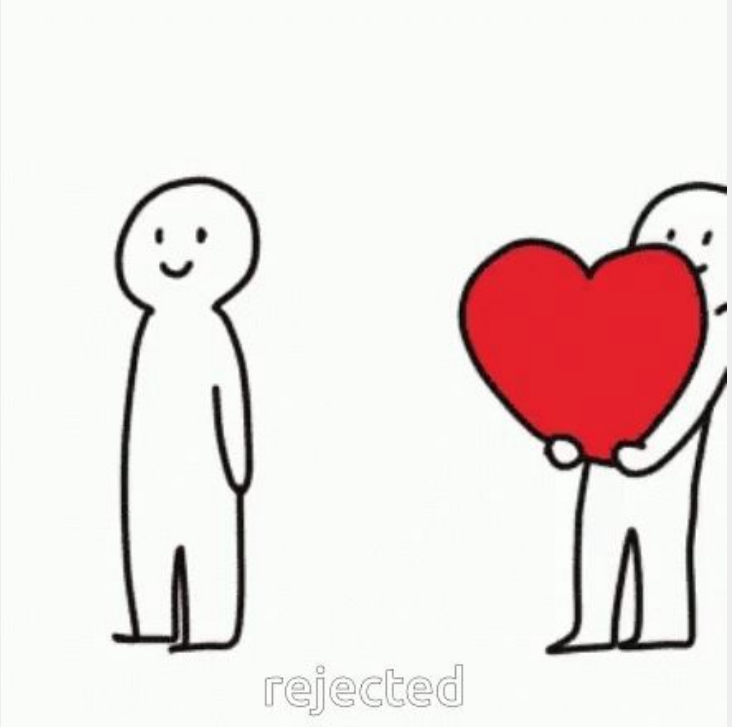
Activity

Beyond Sorry (Canva link)

Get up and shake it off!

Activity

The Art of Hearing "No" 🛡️❤️



The Human Challenge: Rejection feels like a threat to our survival. It is hard to set boundaries (fear of hurting others) and hard to hear them (fear of being hurt).

The NVC Reframe: We practice hearing "No" not as a rejection of *us*, but as a **"Yes" to one of their own needs.**

The Trust Paradox: 🤝 If I can trust your **No**, I can believe your **Yes**

When we know someone isn't saying "Yes" out of guilt or obligation, their agreement becomes a genuine gift rather than a burden.

Goal: Build Resilience 💪 To hear a "No" without losing the connection or taking it personally.

As the Recipient: You Have Options 🛠️

1. **The Choice of Silence:** 😶 You have the choice not to respond at all.
    - *Note:* Every choice has a consequence (a "price" to the connection), but the right to choose is always yours.
2. **The Simple "No":** ✋ You can just say "No." You do not owe anyone an explanation or justification. "No" is a complete sentence.
3. **Reflect Back:** 🔁 Repeat back what you heard.
    - *Why:* This buys you time to think and ensures you actually understand what they want before you answer.
4. **Empathy Guess:** 🦒 Shift the focus to them: *"Are you feeling [Feeling] because you need [Need]?"* This can diffuse the tension.
5. **The Authentic "Yes":** ✅ Say "Yes"—but only if you can do it without resentment.

Rejection exercise (group exercise) - NEW Scenarios

- “Would you sit next to me?”
- “Would you give me a compliment?”
- “Would you tell me something you appreciate about me?”
- “Would you come to an event with me this weekend?”
- “Would you help me clean my kitchen?”
- “Would you lend me $20?”
- “Would you call me tomorrow?”
- “Would you give me a hug?”
- “Would you switch seats with me?”
- “Would you share your dessert with me?”
- “Would you stay another hour?”
- “Would you let me choose what we watch tonight?”
- “Would you drive me home?”
- “Would you introduce me to your friend?”
- “Would you help me move this weekend?”

Rejection exercise (group exercise) - NEW Scenarios

- “Would you turn the music down?”
- “Would you stop looking at your phone while we’re talking?”
- “Would you tell me what you’re feeling right now?”
- “Would you listen while I talk about something difficult?”
- “Would you give me some space for the next 20 minutes?”
- “Would you change your plans so we can spend time together?”
- “Would you take over this task for me?”
- “Would you come to my family gathering?”
- “Would you apologize for what happened?”
- “Would you tell me if something I did bothered you?”
- “Would you reconsider your decision?”
- “Would you try this activity even though you’re not sure you want to?”
- “Would you stay friends with me even if we disagree about something important?”
- “Would you tell me something you’re afraid to ask for?”
- “Would you say no to this request?”

Rejection exercise (group exercise)

- “Would you like to get coffee with me after the meetup?”
- “Would you help me move some furniture this weekend?”
- “Would you like a hug?”
- “Would you be willing to switch meeting times with me?”
- “Can I borrow your book?”
- “Would you like to have dinner with me tonight?”
- “Would you watch the movie I picked?”
- “Would you be willing to give me a ride home?”
- “Do you have time to talk with me right now?”
- “Would you like to come to an event with me this weekend?”
- “Would you be willing to go first in this activity?”
- “Would you like to try some of the food I made?”
- “Would you be willing to change the plans we made?”
- “Would you take a picture with me?”
- “Would you help me with this task today?”
- “Would you like to go on a date with me?”

Rejection Request Ideas/Scenarios

1. Could you tell me what you're really feeling instead of shutting down?
2. Would you be open to couples counseling?
3. Can you say 'I love you' more often? I miss hearing it.
4. Would you be willing to forgive me?
5. Can we try again after what happened?
6. Can you stay while I cry for a bit?
7. Would you tell me if something I do pushes you away?
8. Can I share something personal without you trying to fix it?
9. Would you be open to hearing how your words landed for me?
10. Can you be honest with me, even if you think it might hurt?

Rejection Request Ideas/Scenarios

1. Hey, do you want to hang out tonight? I could really use some company.
2. Would you like to come over for dinner this weekend?
3. Could you please do the dishes tonight? I'm really wiped out.
4. I've been sitting on something that hurt me—can we talk about it?
5. I'm throwing a little birthday thing and would love for you to come.
6. Would you cuddle with me? I'm feeling very sad from a lack of physical touch…
7. Would you consider moving in with me? I'd love to share a home with you.
8. I've realized I have feelings for you. I wanted to tell you honestly.
9. I'm thinking about moving to another city, and I'd love for us to start fresh together. Would you come with me?

Rejection exercise (group exercise)

1. Would you be willing to lend me your car for the weekend?
2. Can you help me move my furniture tomorrow?
3. Will you swap your lunch with me?
4. Would you mind watching my pet while I'm away?
5. Can I borrow your phone for an hour?
6. Would you like to join me for a run at 6 a.m.?
7. Can you stay late to finish this project with me tonight?
8. Would you share something personal with the group?
9. Can you give me a ride to the airport early Saturday morning?
10. Would you cancel your plans to spend time with me now?
11. Would you skinny-dip with me right now?
12. Can I text your ex from your phone tonight?
13. Would you let me draw on your face with a permanent marker?
14. Will you reveal your wildest fantasy to the group?
15. Can you prank-call someone using your real voice?
16. Would you let me see the last photo on your camera roll?
17. Can you eat a spoonful of hot sauce in front of everyone?
18. Will you do a dramatic reading of your last text message exchange?
19. Would you swap outfits with me for the next hour?
20. Can you send a flirty DM to a celebrity from your own account?

Rejection Request Ideas/Scenarios

What the Options Sound Like 🗣️

The Stimulus: Someone asks you: *"Can you drop everything and help me right now? I'm freaking out!"*

1. The Choice of Silence 😶 *(Taking 3 deep breaths to check in with yourself before saying anything. You are choosing not to react immediately.)*

2. The Simple "No" ✋ "I am not available to help right now."

3. Reflect Back 🔁 "I hear that you are really stressed and you want me to come over immediately. Is that right?"

4. Empathy Guess 🦒 "Are you feeling overwhelmed? Do you need some reassurance that you can handle this?"

5. The Authentic Response (The "No" with Care) ✅ "I can't come over right now (I have a need for rest), but I would be willing to talk on the phone for 10 minutes."

Facilitation Tip

When you present **#2 (The Simple No)**, remind them: *"Notice I didn't say 'I can't because I'm busy.' I just said 'I am not available.' Explanations often sound like excuses. You are allowed to just say No."*

Debrief

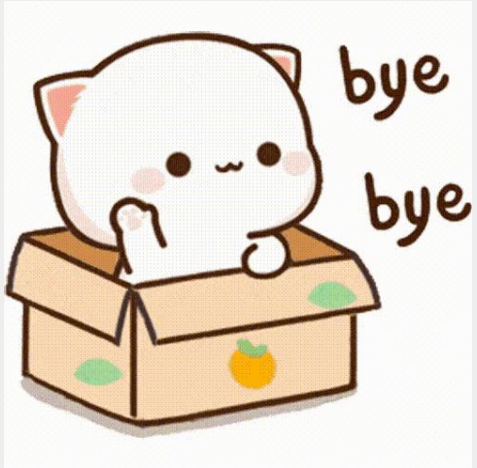
Let’s answer these questions:

a. How are you feeling now?

b. How did you feel about these exercises?

c. What is your one main takeaway from the workshop tonight?

Get up and shake it off!

See you next time!

We are eager to learn about how you have integrated Nonviolent Communication (NVC) principles into your daily routines.