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# HEALTHY PLANET – HEALTHY PEOPLE

Finding connection and  
developing a vision for change  
based on Non violent communication  
(Marshall B. Rosenberg)



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# Finding more honesty: 3 obstacles

(according to: Klaus Karstädt)

## 1) I do not know how?

I believe that being honest means to tell the other person my judgements and thoughts I have about them and to say what is wrong with them.

## 2) I think I am responsible for the feelings of other people

I believe that my actions and words are the cause of other people's feelings

## 3) I am afraid of the reaction of others to what I do or say

I am scared of the reaction of other people when I am honest. And I believe I cannot handle it.

# (Marshall Rosenberg 1934 - 2015)

## **Basic key intentions of NVC**

NVC is an inner attitude based on mindfulness, empathy and respect.

It focuses on the connection to oneself and other people, regardless of their differences.

NVC focuses on creating an authentic connection where all needs are considered with care.





Once there is a genuine human connection, a solution can be found easily.

**'Beyond right and wrong  
there is a place we can  
meet'**



# Areas of responsibility

We can take responsibility for anything we can control.

- For our goals and intentions.  YES
- For everything we do or say.  YES
- For the reactions of other people.  NO
- For how we react to the reactions of other people.  YES

## basic mindset of



### giraffe language

- I am okay and you are okay.
- What do you need?
- What do I need?
- Listening and speaking from the heart.



### wolf language

- I think, that something is wrong with you or with me.
- I judge and compare.
- I think in terms of better/worse or right and wrong.



## The four steps of NVC

I express sincerely:

### my world:

- what I am observing (step 1)
- how I am feeling (step 2)

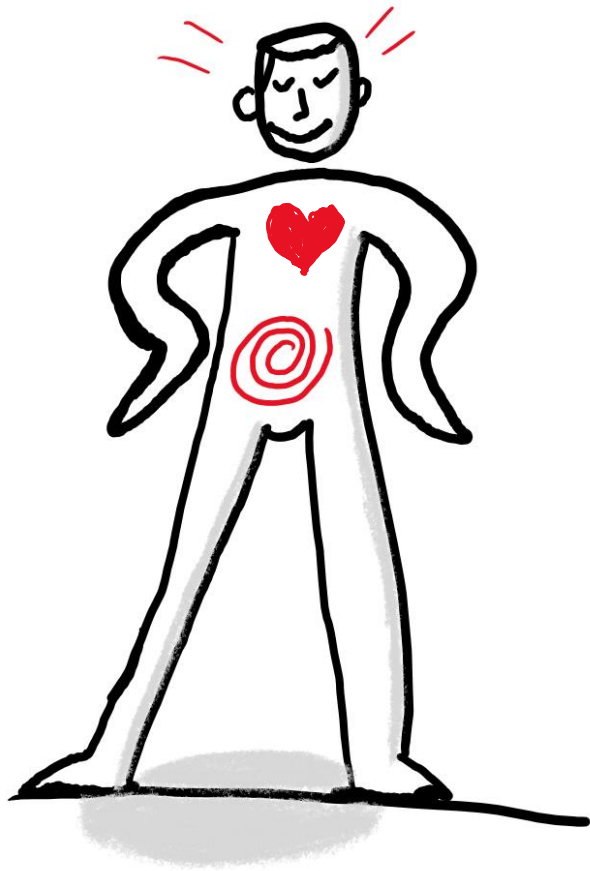
### my dreams:

- What I am desiring (step 3)

### my requests:

- what I would like to happen to  
make my dreams come true  
(step 4)

# The four steps of NVC



1. **Observation:** ``When I see/ hear...
2. **Feeling:** ..., then I feel...
3. **Need:** ....., because \_\_\_\_\_ is important to me
4. **Request:** Are you willing to...?“



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# THE FIRST STEP: OBSERVATION

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# Energizer

The group sits on chairs in a circle.

One person stands in the middle and asks a question such as:

"Do you have any brothers or sisters?"

"Have you ever smoked?"

"Do you have a tattoo?"

Everyone to whom the question applies stands up and looks for a new place as quickly as possible.

The person who was standing in the middle also tries to sit down as quickly as possible.

The person who did not find a seat stands in the middle again and asks a new question.

# OBSERVATION

„When I see - hear...

- **Facts only! I say what I have heard or seen...**
- **do we have a „shared reality“ – do we agree on the same facts?**
- **I make sure there is no generalization like – always – never – often...**
- **I try to set my mind on connecting instead of being right**
- **Am I ready for a constructive conversation?**

**avoid interpretations or judgements...**



## **Group task:**

Write down what you see on the picture that we distributed to you.

## **Group task:**

Underline all interpretations in red and all observations in yellow.

Can you find more observations?

Then write them down.

## **Group task**

Go for a walk and observe three things:

It can be a restaurant, a shop, a house, a person...

Talk about all judgements that come to your mind.

Then try to only name observations.

Write down in a few words.

## Task for the week

Observe yourself.

- When do you judge other people or situations?
- What judgements and thoughts do you have?
- Can you turn your judgements into observations?

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# THE SECOND STEP: FEELINGS



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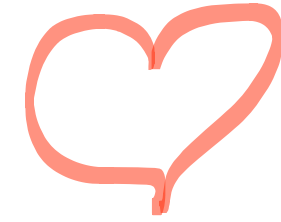


## **Homegroup: 10 minutes**

What did you like best yesterday.

How are you doing now.

# Characteristics of feelings



- **show that certain needs are met or unmet**
- **can be felt inside the body**
- **are universal**
- **intensity can be differentiated: a little/ very/ totally really**

## Some feelings, when your needs are satisfied...

loving  
open-hearted  
tender  
warm  
compassionate  
happy  
empowered  
confident  
safe  
joyful  
energetic  
inspired  
curious  
enchanted  
interested  
intrigued  
involved  
fascinated

amazed  
delighted  
lively  
passionate  
motivated  
surprised  
vibrant  
eager  
proud  
amused  
blissful  
radiant  
thrilled  
pleased  
restored  
moved  
grateful  
touched

warm  
awake  
optimistic  
hopeful  
encouraged  
rejuvenated  
refreshed  
relaxed  
content  
calm  
comfortable  
peaceful  
trusting  
centered  
fulfilled  
serene  
relieved  
jubilant

## or when not satisfied

scared  
terrified  
panicked  
shocked  
worried  
dread  
afraid  
mistrustful  
petrified  
frustrated  
annoyed  
displeased  
irritated  
impatient  
angry  
furious  
outraged  
upset

uneasy  
disgusted  
hate  
horrified  
repulsed  
hesitant  
lost  
ambivalent  
numb  
distracted  
withdrawn  
uninterested  
detached  
jealous  
restless  
ashamed  
guilty  
embarrassed

guarded  
exhausted  
depleted  
devastated  
heartbroken  
regretful  
miserable  
lonely  
fragile  
sad  
depressed  
hopeless  
dispair  
brokenhearted  
unhappy  
nervous  
overwhelmed  
helpless

# Thoughts about you or others put you in a victim position



I feel  
betrayed and  
abused

Do you feel  
angry, alone  
and upset?



**Words that rather express thoughts than feelings:**

**You could ask: *How do you feel when you think that you are ....***

abandoned  
abused  
attacked  
betrayed  
boxed-in  
bullied

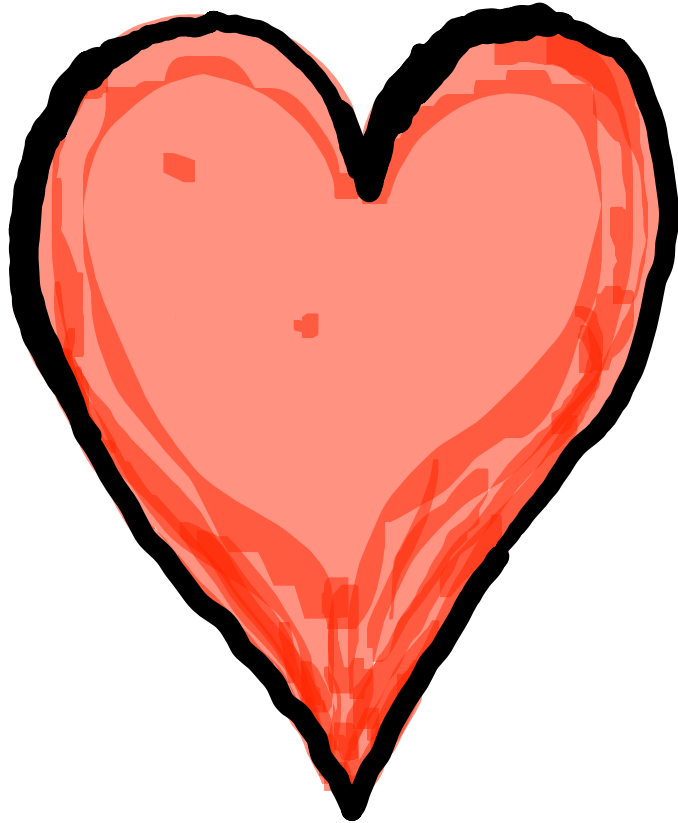
cheated  
coerced  
co-opted  
cornered  
diminished  
distrusted

interrupted  
intimidated  
let down  
manipulated  
misunderstood  
neglected

overworked  
patronized  
pressured  
provoked  
put down  
rejected  
taken for granted

threatened  
unappreciated  
unheard  
unseen  
unsupported  
unwanted  
used

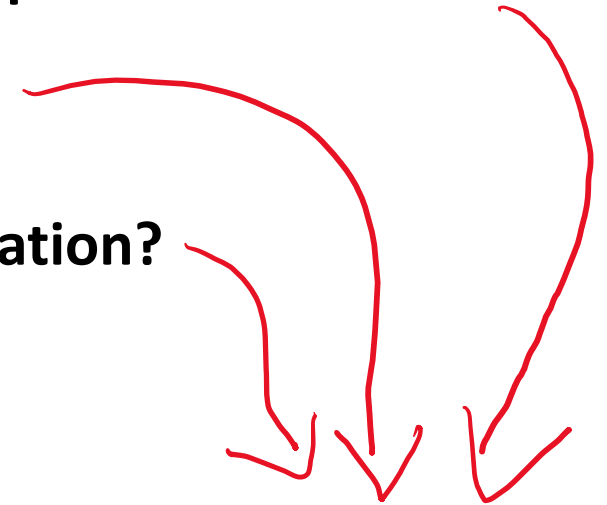
# Feeling



- What can I sense in my body?

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- What is the adjective for this body sensation.
- Do I talk about what another person did to me?
- Is it a thought about myself?
- Is it a judgement about a situation?



**It's not an original feeling.  
I create victims and perpetrators.**

## **Task for 2 people:**

Look at the list of thoughts.

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Are there thoughts you sometimes have?

Are there thoughts you sometimes hear from others?

Describe the situation and identify your feeling when having/hearing those thoughts.

What is it that you would want to happen instead?

What would this mean to you?

## Group task:

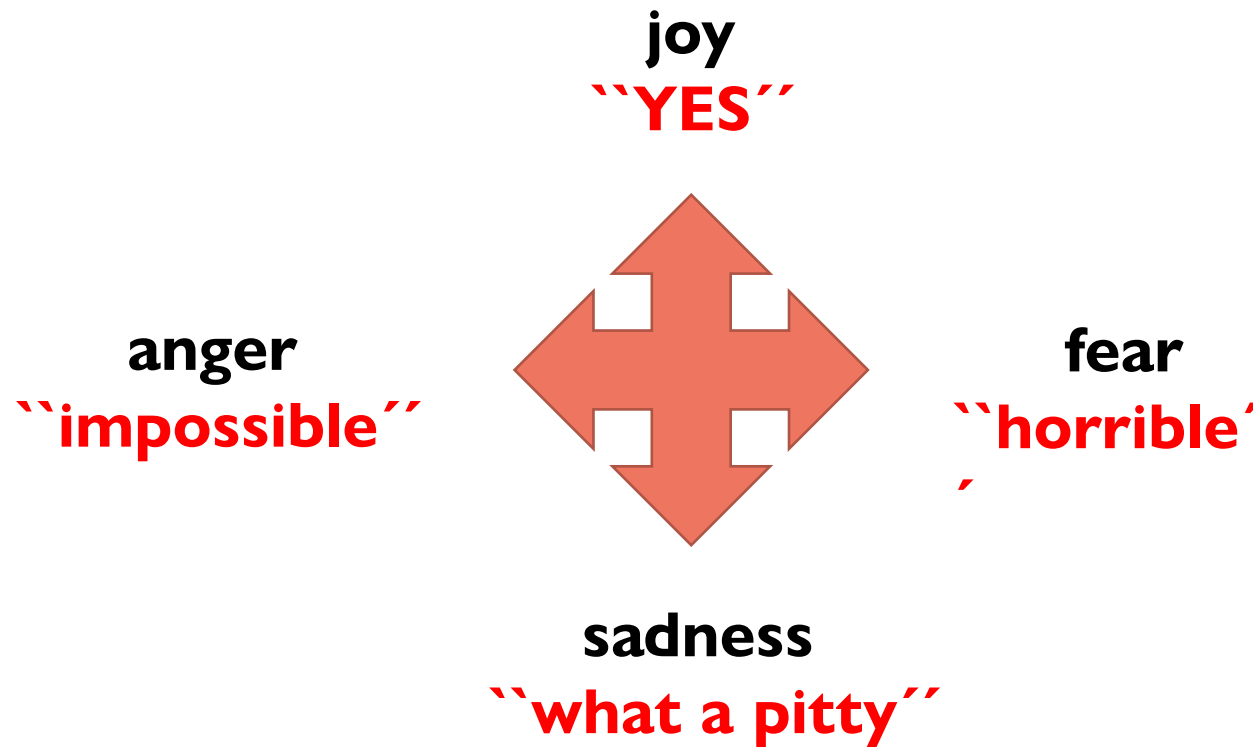
Unlike real feelings, “victim feelings” can hardly be read from faces. It takes a whole "story" to portray them.

With your group, portray the "victim feelings" as a freeze image and take a photo. Send the photo to: [h.van-lessen@bk-troisdorf.de](mailto:h.van-lessen@bk-troisdorf.de)



# The compass of Feelings

according to Vivian Dittmar



**Our natural feelings are basic for our aliveness.**

**Anger for example can be a useful energy to find the power to stand up for my vision and dreams and act strong in the world.**



## **Group task:**

Move to the music and do shadow fights with another person.

After a while, switch to another person.

Perform your movements with strength and determination!

# THE THIRD STEP: NEEDS



## **2 people - sharing:**

Talk about your shoes.

Where did you get them?

What do they mean to you?

...

‘Everything we do is in service of our needs.

Whatever we do, is the best possible thing we know at the present moment to get our needs met.’

Marshall B. Rosenberg

**I can understand (the need)**

**without agreement (to the strategies)!**

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**constant  
positive  
assumption**

- **According to Marshall Rosenberg**

**Needs are:** +

- **Abstract:** not bound to a certain place, time, person or action.
- **Universal:** all humans share the same needs.
- **Positive:** they serve to enrich life and make it more diverse and beautiful.



**participation**

**fun**

**creativity**

**autonomy**

**protection**

**trust**

**NEEDS**

**community**

**Self-care**

**recognition**

**learning**

**intimacy**

**structure**

**rest**

**sense**



# Needs



Finding<sup>+</sup> and expressing the need:

- **What does it mean to me, when the other person responds to me?**
- **What would be fulfilled for me then?**
- **How would it make my life more beautiful?**
- **Make sure not to refer to a specific person, action, place or time.**



**Observation: ``When I see...**



**Feeling: ...then I am...**



**Need: ...because ... is important to me...**



**trigger**

**I blame the other person for my feelings.**



**cause**

**I take responsibility for my feelings.**



## **Group task:**

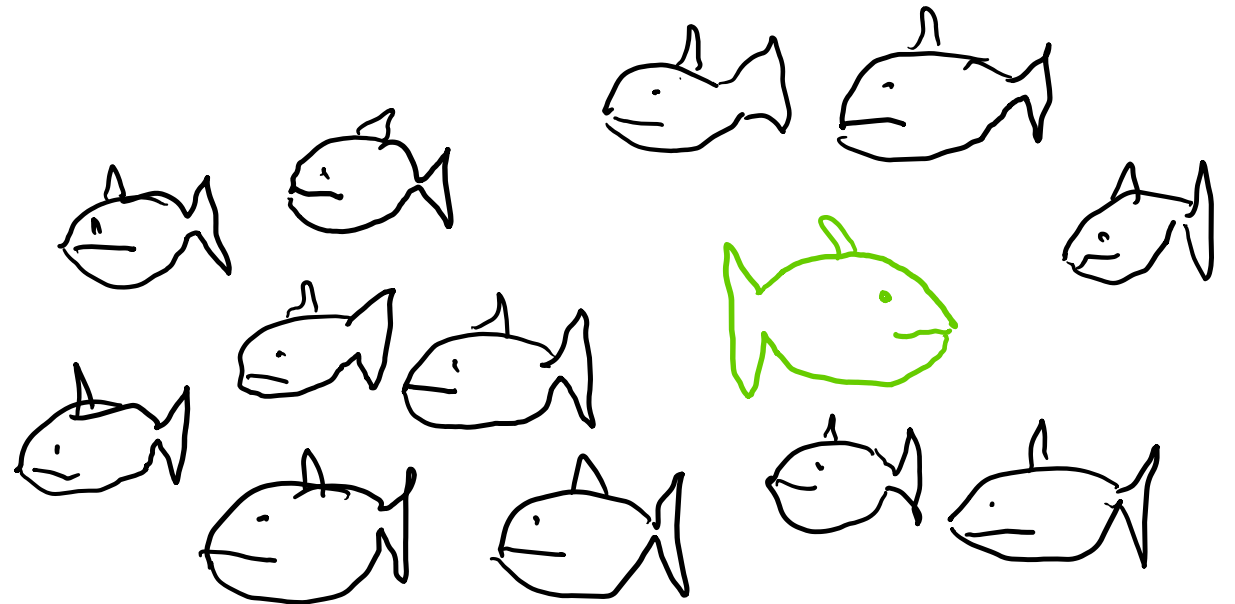
As a group choose three needs that are important to you.

Now all of you think of three different ways you can fulfill each need.

Share your ideas with your group members.

**“We can replace language that implies lack of choice with language that acknowledges choice.”** (M.B.Rosenberg)

*I choose  
to...  
because I  
want ...*



### Situation 1:

You go hiking with a group of Erasmus. One of the students eats chips and throws the empty bag on the ground. You are irritated and annoyed. You want to confront the student and at the same time you don't really dare to address him, also you don't want to stand out in the group.

### Situation 2:

You are in class. The maths teacher seems to come late today. Suddenly Anna – the leader in the class proposes that all of you go home instead of following the lesson.

You know that this lesson is important for you, because during the last class you did not understand everything and you wanted to ask the teacher to explain it again, but you leave with your class.

### Situation 3:

You are regularly very tired during the day. One reason is that you spend your evenings on social media or playing computer games instead of going to bed on time.

When your friend asks you why you are so tired, you tell him, that you can't help it, but you have to play computer games in the evening.

### Task:

Choose one situation and play it out. How do you feel and what is your need?

Can you find and play other possibilities to better care for all your needs?

## **Homegroup 20 minutes:**

Did I meet and connect with the people I wanted to?

Am I happy with the choices I made this week?

What did I learn this week?

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# THE FORTH STEP: REQUEST

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# Some things we might hear often

- ***Don't be like that!***
- ***Don't hang around here like this!***
- ***Can't you be normal?***
- ***Stop this nonsense!***
- ***Don't do it again!***
- ***Do it properly now!***
- ***Be nice to your aunt!***
- ***Can't you ever be careful?***
- ***Don't get caught!***
- ***Don't embarrass me!***
- ***Go to sleep right now!***
- ***Watch out!***

# Request versus wish or demand

- With the request, you are asking others to help you fulfill a need.
- **Ask instead of waiting and suffering silently until someone reads it from your eyes.**
- **Make sure the action you desire is specific and practicable in the present moment.**
- **Express what you want instead of what you don't want? (positive)**
- **Leave the person his or her freedom of choice.**
- **Can you accept a "no", stay serene and look for alternatives?**

# Some ways to ask...

- **Would you be willing to tell me now/ do now...?**
- **Could you please...**
- **I would like that...**
- **What else do you need to be able to work with me on this issue?**
- **What is it like for you to hear this?**
- **How does that sound for you?**
- **Can you tell me, what you just heard me say?**



Thank  
you!



**Gratitude**

**Gratidão**

**Gratitud**

even for small things

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## Task:

# Appreciation for nature and our planet Earth:



Go out into nature and look around you.

Think about how nature and the earth contribute to your well-being.

Trees produce oxygen, you can relax on the beach, etc.

Find an object that speaks to you most as a symbol of your gratitude.

This can be a stone, a piece of wood, a shell, sand, etc.

Bring this object back to the group and share with the others what you associate with it.

# Gratitude

**Invitation: Say how the other person made your life more beautiful.**

1. When you smiled at me this morning (observation)
  2. I was happy (feeling)
  3. and I am more comfortable in the group now. (need)
- Thank you!
- 

I can express gratitude in many occasions – e.g. to:

- another person
- myself
- an animal or plant
- earth
- ...

## **Task:**

Scan your memory and think of anything that happened the last week, that you're glad about. It doesn't have to be something big.

How did you feel? What needs were met?

Who or what helped this moment to happen?

Now walk around with a glass of water. Stop in front of the person you want to express your gratitude. Pour some water in the persons glas and tell the person what you appreciated.

If you do not have any specific situation you can also say:

Welcome! I am glad you are here. Thank you!

**THANK YOU  
FOR BEING  
HERE AND  
BEING YOU!**

