

The Beginning of the End of Blame

Exercise 1: Small group discussion (Groups of 3 to 5 people)

- Question 1: Why do people blame? (5 minutes)

We recommend using a needs list e.g. www.communicationdojo.com/needs for the next two questions

- Question 2: What needs are people attempting to meet by using blame? (4 mins)
- Question 3: What needs do we tend not to meet when we use blame? (4 mins)

I feel because I – and the beginning of the end of blame

In NVC we invite you to express yourself in I-statements about your **Observations, Feelings and Needs** and in **Questions/ReQuests**, and to speak with the aim of meeting both your needs and those of the other person.

At the Communication Dojo we sometimes summarize this using this figure:

I-statements and **Q**uestions/**ReQ**uests spoken “from the heart”



We invite you to try switching your thinking and your self-expression from:

I feel X because you... to I feel X because I...

Or, more fully stated “**I feel X because I have a met/unmet/not-as-met-as-I’d-like need for Y**”

At the Communication Dojo we sometimes summarize this using the figure:

I-statements, including the structure “**I feel... because I...**” and **Q**uestions/**ReQ**uests spoken “from the heart”



Exercise 2: Translating from blame into IIQ-from-the-heart (Pai exercise)

1. Find a blaming statement you’ve thought or said – something of the form “I feel X because you/he/she/they ...”
2. Get connected to your feelings when you believe this thought (please use list at www.communicationdojo.com/feelings)
3. Choose one of your feelings that’s particularly standing out for you. Get connected to the need it’s telling you about that is unmet or not-as-met-as-you’d-like (please use list at www.communicationdojo.com/needs)
4. For each feeling speak the sentence out-loud “I feel X because I have an unmet need for Y” or “I feel X because I have a need for Y that is not as met as I’d like,” followed by a question/request.
5. Ask your practice partner what comes up for them hearing this statement, compared with the initial blaming statement. Is there a way your practice partner would say it that’s different?