


Communication Dojo – Overview

	
<p>Definitions of Connected Communication (aka Nonviolent Communication /NVC)</p> <p>“Communication that creates a quality of connection that allows everyone’s needs to be met through compassionate giving”</p> <p>“Communication that makes it easier for us to give to each other”</p> <p>“Communication that supports us to meet that most important need – to enrich life”</p>	<p>3 Pillars of Connected Communication:</p> <ol style="list-style-type: none"> 1) Self-Empathy 2) Empathy for the other person (in-person and/or when not with them) 3) Empowerment - including Empowered Self-Expression “from the heart” <p>Some Other Key Principles</p> <p>+ Self-Connection involves alternating between Self-Empathy and Empathy for the Other person. This is 90% of effective communication!</p> <p>+ Pause and breathe deeply into the belly 3 times, or more if you’re getting angry</p> <p>+ Notice your gratitude & express it</p>
<p>4 Components of Connected Communication</p> <p>OBSERVATIONS FEELINGS NEEDS REQUESTS</p> <p>Include these 4 components when using the 3 pillars of connected communication.</p> <p>Your THOUGHTS (including beliefs, assumptions, judgments, opinions, diagnoses, shoulds, ideas of right/wrong etc.), no matter how violent they are, are all pointers to these 4 components...</p>	<p>4 Ds of Disconnection:</p> <ol style="list-style-type: none"> 1) Diagnosis: “Here’s what’s wrong with you...” (Shoulds, Right/Wrong thinking) 2) Denial of Responsibility: “I have to...” & “You make me feel...” or “This is all your fault” (Blame) 3) Demands: “Do it or else!” & “No is not an acceptable answer” 4) Deserve-oriented thinking: <ul style="list-style-type: none"> • “I deserve X and you should give it to me” • “You deserve whatever I do/say to you” • “I judge what’s right/wrong and decide the punishment deserved for wrongness”