

HANDOUT: Silent compassion

Category	Subcategory	Group size	Duration	Language
Communication	Compassionate communication	Individual	20 minutes	English

Take a sheet of paper and draw a matrix with three columns and three rows, like this:

Think of something somebody said to you that you didn't like to hear. Write this down in the first cell in the first row:

"xxx xx xxx."		

Write down the name of the other person and your own name in the matrix like this:

"xxx xx xxx."	Feelings	Needs
YY		
ME		

Write down what your feelings were in the situation and the needs of you that weren't fulfilled:

"xxx xx xxx."	Feelings	Needs
YY	fff fff ...	nnn nnn ...
ME		

Take a minute, close your eyes and relax: how does it feel to you to look at the situation from this viewpoint? It is not about right or wrong, it is about what is living inside of you.

And now: write down what you guess the other person is feeling in this situation. Write also down what you think are their needs that weren't fulfilled:

"xxx xx xxx."	Feelings	Needs
YY	fff fff ...	nnn nnn ...
ME	fff fff ...	nnn nnn ...

Again: take a minute, close your eyes, and relax. How does it feel to you to look at the situation from this viewpoint? See if you notice a shift in how you feel about what was said to you or how you feel toward the person that said it. If you are feeling less upset by the situation chances are great that you have moved towards more compassion.

You will find lists of feelings and needs in the Guide and on the internet, for example:

<https://www.cnvc.org/training/resource/feelings-inventory>

<https://www.cnvc.org/training/resource/needs-inventory>

