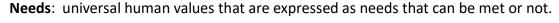


## **HANDOUT:** Understanding compassionate communication

Category	Subcategory	Group size	Duration	Language
Communication	Compassionate	Individual	30 minutes	English
	communication			

Look for an interview in the newspaper or on television. Write down all the expressions of lifealienating language you read or hear, the feelings and false feelings that are expressed, the needs that are behind these feelings, and the strategies that are being used.

<b>Life-alienating language</b> : moralistic judgments, comparisons, denial of responsibility, demands, rewards or punishment, should/have to language.
<b></b>
<b></b>
Feelings: the emotions that are experienced and the physical feelings associated with the.
<b></b>
<b>False feelings</b> : words that are expressed as some kind of emotion but in fact they are thoughts, opinions, judgments.
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<b>Strategies</b> : specific actions or methods to fulfil a nee					

