

HANDOUT: Understanding compassionate communication

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

Look for an interview in the newspaper or on television. Write down all the expressions of life-alienating 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.

Life-alienating language: moralistic judgments, comparisons, denial of responsibility, demands, rewards or punishment, should/have to language.

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Feelings: the emotions that are experienced and the physical feelings associated with the.

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False feelings: words that are expressed as some kind of emotion but in fact they are thoughts, opinions, judgments.

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Needs: universal human values that are expressed as needs that can be met or not.

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Strategies: specific actions or methods to fulfil a need

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