

Understanding compassionate communication

Summary

This activity will help you better understand some terms that are important in compassionate communication.

Aims

- To understand what life-alienating language, feelings, false feelings, needs, and strategies mean.
- To explore these terms.

Participants

Adults

Method

Self-exploration

Source

Rosenberg, M. (2003). *Nonviolent Communication: A Language of Life*. Chicago: Puddledancer Press

Keywords

Life-alienating language, feelings, false feelings, needs, strategies

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Description

To recognize aggressive communication and to respond more compassionate it's necessary to understand some terms that are developed by Marshall Rosenberg. These are explained in chapter 3 of the Guide. This activity will help you to better understand the terms.

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. In the handout, you'll find a short explanation of the terms.

Material

Paper and pen; Handout

Handout

Yes

Category: Communication, Group size: Individual, Duration: 30 min

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