



Effective Communication

We are all connected at an energy level- we can feel people's **perception** of us. Can you feel the difference when someone criticizes or appreciates non-verbally?

Question: Does it push you away or draw you closer?

Our relationships can only be as good as our perception of them. Our perceptions shift and our relationship change.

The pattern of interaction changes.

The best perception shifter is GRATITUDE-

Everyone responds to love.

Exercise- choose a person you are struggling with.

Go to heart coherence and choose to focus on the tiniest bit of appreciation, gratitude, and then another, etc.

Core relationship needs

All humans have the deepest desire to experience love, safety and belonging with others - to feel that all parts of us can be seen and loved by others, to feel safe and secure within ourselves and in the world, and to feel that we belong.

Sharing our feelings and personal experiences creates intimacy.



INTIMACY → INTO ME, SEE

Even when the experience of love, safety and belonging is intact, there can still be a yearning for more - to feel close, to see others and be seen, and to connect on the deepest levels.

We applaud success, admire strength, yet our soul and hearts yearn for intimacy.

Lower & dissolve our defenses/protection to enter into vulnerability.

Exercise: Write down your biggest fear around intimacy.

Exercise: My desire around connection and intimacy:

The one step I am taking to increase my connection and intimacy with is:



Non Violent Communication, a Language of Compassion
By Marshal B. Rosenberg

Focus on Feelings and Needs

E.G. If my friend is late for our luncheon date:

If I need reassurance that I am a priority - **I may feel hurt.**

If I am limited on time- **I may feel irritated.**

If I needed 30 mins of solitude - **I may feel very grateful.**

It's NOT the behavior of the other person, **but our own needs or triggers which causes our feelings.** When we are in touch with our needs/feelings we are in touch with our life energy.

Always come back to you and focus on your experience. Have a look at the feelings and needs inventory if you are unsure what you are feeling or needing.

1. What do I feel?
2. What do I need?



Conscious requests - Examples of poor requests

A woman at a workshop was so frustrated that her husband was spending so much time at work and made a request only to have it backfire.

"I asked him to not spend so much time at work. Three weeks later he announces he is going on a golf tournament. I wish I had said, 'Can you spend one night at home with me and the children?'"

Suppose you are watching TV and you shout out to your husband in the kitchen, "I am thirsty."

You may assume that he has understood your request. No water appears.

A better request: "Honey, can you please bring me a glass of water?"

"Oh no, you forgot the turkey that you went to the store to get!"

It may be obvious to her that she is asking him to go back to the store, but he interprets this as he is not good enough and feels guilty.

A better request: "Honey, I would be grateful if you can you please return to store to buy the turkey."



Demands

When the other person hears a demand they have two options: submit or rebel.

You can tell it's a demand if the speaker judges or criticizes you if you don't fulfill their request.

Note- Before any conversation -

- Ask permission
- Be in your heart- speak from love - people can deal with content, but not with attitude, tone, blame, or shame.

EXERCISE - MY RELATIONSHIP WITH:

How things are between us-

- What am I feeling?
- What am I needing?
- Guess what they could be feeling.
- Guess what they may be needing.
- Formulate your request: Would you be willing to/ or I would love it if