

CREATE GREAT RELATIONSHIPS

WITH KINDNESS CIRCLES FOR LOVE, FRIENDSHIP & BELONGING

Have you ever felt your heart open up suddenly?

Have you ever felt a surprising, deep emotional and spiritual connection to someone... maybe even a stranger? Maybe you felt tingles down your spine. Maybe you laughed out loud with them. Maybe your eyes welled up with tears of joy. Connection. Belonging. Oneness. What if we could create that feeling whenever we want? What if together, we can create that heart connection, and create a kinder world? I believe we can...

A few years ago, I experienced something that changed my life.

I was at a workshop on communication. In it, the workshop leader put us in groups of three. The exercise he showed us worked like magic, creating instant trust, mutual support, caring, closeness and intimacy. It opened our hearts and created bridges. I felt so much love for this man and woman I'd never even met before! Within less than an hour, I felt closer to the strangers in this small group than I felt to my closest friends that I'd known for years! It was like discovering an oasis of love, connection and belonging, in the middle of a desert of loneliness, conflict and isolation.

I decided I wanted to live my life like that...

to have a community of friends and a partnership based on this kind of deep connection, love and trust. If you'd like more connection... deep empathy and compassion... safe belonging... awesome friendships and relationships... This is a great way to really thrive, change lives, and maybe even change the world... Now, I've created a few variations of this exercise, which I call "Kindness Circles". If you like the sounds of the exercise I'm about to describe,

I invite you to try it with me.

I love kindness circles (I also call them empathy trades). It's free, because it's a trade. Mutual compassion, empathy and support. Mutual kindness. Simply read on, save this PDF, and let me know a couple of times that would work for you. Personally, I prefer phone, video conference, or face to face, as it's usually more powerful than text.

When we talk, please make sure you can see the last page of the PDF.

It's that simple. If you care about people and have some empathy, you can probably learn this in about 5 minutes...

Here's one version of what I now call "Kindness Circles"... The workshop leader gave each small group two decks of cards. One deck of cards named a range of emotions (sadness, anger, envy, anxiety, happiness, etc.), with one feeling on each card. The other deck of cards named a range of universal human needs (safety, connection, belonging, making a difference, fun, learning, health, meaning, etc.), with one need on each card. Then he asked us to choose roles...

- 1) Speaker
- 2) Emotions coach
- 3) Needs coach

The speaker tells the other two about a situation that they'd like to change (a problem, challenge or goal that is not overwhelming). Then, the second person looks through the "feelings" cards and guesses the feelings of the speaker. One at a time, they put cards they think may be relevant on the table in front of the speaker. For example, if they think the speaker might be feeling hurt by their situation, they put the "hurt" card on the table in front of the speaker and say, "are you feeling hurt?"

Next, person three looks through the "needs" cards and guesses the needs of the speaker. One at a time, they put cards they think may be relevant on the table in front of the speaker. For example, if they think the speaker might be needing safety, they put the "safety" card on the table in front of the speaker and say, "are you needing safety?"

At the end, the speaker names their most important feelings and needs connected to the situation. They then pick up the most important need card, and imagine meeting that need completely. If I were running the workshop, I'd probably suggest that the speaker think of one thing they can do to meet their most important need.

I have been working from home and really feeling the need for deep, safe connection

like what I got from this game years ago. Please let me know if you'd be interested, and what times are good for you.

Let me know if you want to try an empathy trade (similar to the exercise described in the PDF, but with two people instead of one). Simply contact me and let me know your schedule. Thanks! I hope you enjoy this as much as I do.

-Sharon Love

The 4 Keys to Compassionate Communication by Marshall Rosenberg

Summary by Sharon J. Love

Compassionate Communication is the fastest and most powerful way I know to create deep, intimate and loving connections with ourselves and others. This "treasure map" is inspired by the work of Marshall Rosenberg, author of Non-Violent Communication and several other books...



MORE RESOURCES ON COMPASSIONATE COMMUNICATION

Videos

Free introduction to an online course:

<https://www.udemy.com/practicalemathy/>

Marshall Rosenberg talking about his experience using NVC...

<https://www.youtube.com/watch?v=DgaeHelL39Y>

Teacher using NVC in the classroom to resolve a conflict...

<https://www.youtube.com/watch?v=OyGEL7X9KD8>

Books

http://www.nonviolentcommunication.com/aboutnvc/feelings_needs.htm

<https://www.cnvc.org/node/6853>

More Extensive Feelings & Needs Lists

Included with permission from the Center for Nonviolent Communication - Website:
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Feelings Inventory

How we are likely to feel when our needs ARE satisfied...

AFFECTIONATE compassionate friendly loving open hearted sympathetic tender warm

CONFIDENT empowered open proud safe secure

ENGAGED absorbed alert curious engrossed enchanted entranced fascinated
interested intrigued involved spellbound stimulated

INSPIRED amazed awed wonder

EXCITED amazed animated ardent aroused astonished dazzled eager energetic
enthusiastic giddy invigorated lively passionate surprised vibrant

EXHILARATED blissful ecstatic elated enthralled exuberant radiant rapturous thrilled

GRATEFUL appreciative moved thankful touched HOPEFUL expectant encouraged
optimistic JOYFUL amused delighted glad happy jubilant pleased tickled

PEACEFUL calm clear headed comfortable centered content equanimous fulfilled
mellow quiet relaxed relieved satisfied serene still tranquil trusting

REFRESHED enlivened rejuvenated renewed rested restored revived

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Feelings Inventory

How we are likely to feel when our needs are NOT satisfied...

AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared
suspicious terrified wary worried

ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated
impatient irritated irked

ANGRY enraged furious incensed indignant irate livid outraged resentful

AVERSION animosity appalled contempt disgusted dislike hate horrified hostile repulsed

CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed
puzzled torn

DISCONNECTED alienated aloof apathetic bored cold detached distant distracted
indifferent numb removed uninterested withdrawn

DISQUIET agitated alarmed discombobulated disconcerted disturbed perturbed rattled
restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy
unnerved unsettled upset

EMBARRASSED ashamed chagrined flustered guilty mortified self-conscious

FATIGUE beat burnt out depleted exhausted lethargic listless sleepy tired weary worn
out

PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable
regretful remorseful

YEARNING envious jealous longing nostalgic pining wistful

SAD depressed dejected despair despondent disappointed discouraged disheartened
forlorn gloomy heavy hearted hopeless melancholy unhappy wretched

TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous
overwhelmed restless stressed out

VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky

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Needs Inventory

The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

We have another list that might also be of interest to you: a list of feelings.

CONNECTION	CONNECTION	HONESTY	MEANING
acceptance	continued	authenticity	awareness
affection	safety	integrity	celebration of
appreciation	security	presence	life
belonging	stability	PLAY	challenge
cooperation	support	joy	clarity
communication	to know and be	humor	competence
closeness	known	PEACE	consciousness
community	to see and be seen	beauty	contribution
companionship	to understand and	communion	creativity
compassion	be understood	ease	discovery
consideration	trust	equality	efficacy
consistency	warmth	harmony	effectiveness
empathy	PHYSICAL WELL-	inspiration	growth
inclusion	BEING	order	hope
intimacy	air	AUTONOMY	learning
love	food	choice	mourning
mutuality	movement/exercise	freedom	participation
nurturing	rest/sleep	independence	purpose
respect/self-	sexual expression	space	self-expression
respect	safety	spontaneity	stimulation
	shelter		to matter
	touch		understanding
	water		

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Sharon Love lives in Guelph, Ontario, Canada. She is interested in yoga, meditation, ***KIND COMMUNICATION***, creative arts, creative writing, photography, entrepreneurship, hiking, Therapeutic Touch, video production, laughter, Reiki, holistic health. To try an empathy trade (similar to the exercise described in the PDF, but with two people instead of one), message her on facebook.

THE FOLLOWING LIST IS COURTESY OF CNVC.ORG (SEE MORE RESOURCES)...

Some Basic Feelings We All Have



Feelings when needs are fulfilled

- Amazed
- Comfortable
- Confident
- Eager
- Energetic
- Fulfilled
- Glad
- Hopeful
- Inspired
- Intrigued
- Joyous
- Moved
- Optimistic
- Proud
- Relieved
- Stimulated
- Surprised
- Thankful
- Touched
- Trustful

Feelings when needs are not fulfilled

- Angry
- Annoyed
- Concerned
- Confused
- Disappointed
- Discouraged
- Distressed
- Embarrassed
- Frustrated
- Helpless
- Hopeless
- Impatient
- Irritated
- Lonely
- Nervous
- Overwhelmed
- Puzzled
- Reluctant
- Sad
- Uncomfortable

Some Basic Needs We All Have



Autonomy

- Choosing dreams/goals/values
- Choosing plans for fulfilling one's dreams, goals, values

Celebration

- Celebrating the creation of life and dreams fulfilled
- Celebrating losses: loved ones, dreams, etc. (mourning)

Integrity

- Authenticity
- Creativity
- Meaning
- Self-worth

Interdependence

- Acceptance
- Appreciation
- Closeness
- Community
- Consideration
- Contribution to the enrichment of life
- Emotional Safety
- Empathy

Physical Nurturance

- Air
- Food
- Movement, exercise
- Protection from life-threatening forms of life: viruses, bacteria, insects, predatory animals
- Rest
- Sexual expression
- Shelter
- Touch
- Water

Play

- Fun
- Laughter

Spiritual Communion

- Beauty
- Harmony
- Inspiration
- Order
- Peace
- Honesty (the empowering honesty that enables us to learn from our limitations)
- Love
- Reassurance
- Respect
- Support
- Trust
- Understanding

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