

I. OWN YOUR OWN REACTIONS / OBSERVATIONS

- * Increase awareness of when I am reactive — notice my somatic indicators and name my reactive thinking
- * How I blame others for my reactions
- * The PAUSE — breaking the unconscious reactive loop
- * How I take ownership of my reactivity, thoughts & perceptions
- * Understand the importance of observations that are free of evaluations

190

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Unconscious REACTION	vs.	Conscious RESPONSE
Closed ... Contracted Breath stops ... or rapid Muscles freeze or tense	BODY	Open ... Expanded Breath is free & deep Muscles are relaxed
Anger ... Guilt Shame ... Fear	FEELINGS	Disappointment ... Sadness ... Anguish ... Discouraged ...
Avoidance ... Defense ... Protection ... Attack ... Judgments ... No choice	THOUGHTS	Aware of thoughts, but not living inside them. Aware of choices

192

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CORE NVC SKILL SETS

Intra-
Personal
"I"

1. **PAUSE — Awareness of Reaction**
Create a space between stimulus and reaction
2. **Connect to Self**
Self-Awareness of own feelings and needs
Self-Connection, Self-Empathy

Inter-
Personal
"You"

3. **Authentic Expression**
Express your feelings and needs
4. **Empathic Listening**
Hear another's feelings and needs

193

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TRIGGER VS. CAUSE

We're reactive,
not because of what
the other person said or did,
but because of what it triggers
inside of us

194

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REACTIVE THINKING

the stories in my head ... what I'm telling myself

1. Diagnosis, Judgments, Labels
2. Deny Choice or Responsibility
3. Deserve Language
4. Demands

1. "Sam is incompetent"
"He's just a factory worker"
"Women are unreliable"
"That's a stupid idea!"
2. "You make me angry"
"It's company policy"
"The boss told me to do it"
"I have to ... should ... must ..."
3. "You don't deserve a raise"
"Good job ... you get a gold star"
"They don't deserve respect"
4. "Clean up the break area, or else ..."
"If you want to keep your job, you'll work this weekend."



195

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TAKE RESPONSIBILITY FOR YOUR REACTIVE THINKING

1. **NAME it.** Write it down. Make it conscious.
2. **EMBRACE it.** Say it out loud with full energy. Give it voice.
3. **TRANSCEND it.** Claim it as your own thinking or perception, not as it's own reality:

e.g. "That's a stupid idea." (reaction: judgment)
transcends to ...

"I'm thinking that's a stupid idea." (observation)

Translate your thoughts or perceptions into an OBSERVATION without evaluation.



198

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CORE FOCUS OF NVC

"THE 4 PARTS"

FEELINGS Body Sensations <i>Free of Thoughts</i>	NEEDS Universal Human Needs <i>Free of Strategies</i>
OBSERVATIONS What you see, hear, imagine or remember <i>Free of Evaluation</i>	REQUESTS Present, Do-able, Do (vs. Don't) <i>Free of Demands</i>



199

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OBSERVATIONS

are free of any trace of blame or judgment

"I have a story in my head that ..."

"I'm having a thought that ..."

"I'm telling myself that ..."

"I have a perception that ..."



201

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TAKE-AWAYS

1. **Notice moments where you are reactive. Practice the PAUSE ...**

... take three deep breaths.

2. **Name your reaction.**

What was the trigger or stimulus? What body sensations do you notice? ... what thoughts?

3. **Own your own reaction.**

NAME it, EMBRACE it, and TRANSCEND it by translating your reactive thinking into an observation of your own thoughts & perceptions.

