# **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



BASILEIA LLC, PO. Box 224, Charlottesville, VA 22902 - www.basileia.org - connect@basileia.org - +1.434.260.0437 Copyright © 2018 Basileia LLC. All rights reserved.



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

### CORE NVC SKILL SETS

Intra-Personal Personal

- PAUSE Awareness of Reaction Create a space between stimulus and reaction
- 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

### TRIGGER VS. CAUSE

Copyright @ 2018 Basileia LLC. All rights reserved.

We're reactive. not because of what the other person said or did,

but because of what it triggers inside of us

BASILEIA LLC, P.O. Box 224, Charlottesville, VA 22902 - www.basileia.org - connect@basileia.org - + 1.434.260.0437

Copyright © 2018 Basileia LLC. All rights reserved.



### REACTIVETHINKING

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

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

195

199

I. "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"
- "Good job ... you get a gold star "They don't deserve respect"
- "Clean up the break area, or else ..."
   "If you want to keep your job, you'll work this weekend."



TAKE RESPONSIBILITY FOR YOUR REACTIVE THINKING

NAME it. Write it down. Make it conscious.
 EMBRACE it. Say it out loud with full energy. Give it voice.
 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 <u>OBSERVATION</u> without evaluation.

198

201

BASILEIA LLC, P.O. Box 224, Charlottesville, VA 22902 - www.basileia.org - connect@basileia.org - +1.434.260.0437 Copyright © 2018 Basileia LLC. All rights reserved.



# CORE FOCUS OF NVC

BASILEIA LLC, PO. Box 224, Charlottesville, VA 22902 - www.basileia.org - connect@basileia.org - +1.434.260.0437

Copyright © 2018 Basileia LLC. All rights reserved.

"THE 4 PARTS"

#### **FEELINGS**

Body

Free of Thoughts

#### **OBSERVATIONS**

What you see, hear, imagine or remember

Free of Evaluation

#### NEEDS

Universal Juman Needs

Free of Strategies

REQUESTS

Present, Do-able

Do (vs. Don't)

Free of Demands

# **OBSERVATIONS**

are free of any trace of blame or judgment

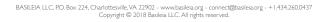
"I have a story in my head that ..."

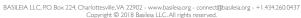
"I'm having a thought that ..."

"I'm telling myself that ..."

"I have a perception that ..."







### TAKE-AWAYS

# 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.



