

Contents



Preface • xi

Acknowledgments and About Lucy Leu • xiii

Part I: Using this Workbook • 1

Purpose of this Workbook • 3

Suggestions for Use of this Workbook • 4

Part II: Practicing Alone • 7

Part III: Practicing Together • 11

A Creating a Practice Group • 13

B Remembering our Purpose and Taking Time • 15

C Leading the Practice Circle • 17

D “What we value in a practice group leader.” • 22

E Making Rules • 24

F Inviting Feedback • 26

G Conflicts in the Group • 27

H Embracing Conflict: Reminders • 41

I Forms of Group Interaction • 42

J Suggestions for Structuring an Empathy Session • 45

K Suggestions for Structuring a Role-play • 50

Part IV Exercises:

Assignments, Leader’s Guides, and Sample Responses • 53

One—Exercises for the Chapter:

Giving From the Heart • 57

One: Individual Assignments • 57

One: Leader’s Guide • 61

One: Sample Responses to Leader’s Guide • 64

Two—Exercises for the Chapter:

Communication that Blocks Compassion • 65

Two: Individual Assignments • 65

Two: Leader's Guide • 67

Two: Sample Responses to Leader's Guide • 70

Three—Exercises for the Chapter:

Observing Without Evaluating • 73

Three: Individual Assignments • 73

Three: Leader's Guide • 75

Three: Sample Responses to Leader's Guide • 78

Four—Exercises for the Chapter:

Identifying and Expressing Feelings • 81

Four: Individual Assignments • 81

Four: Leader's Guide • 83

Four: Sample Responses to Leader's Guide • 86

Five—Exercises for the Chapter:

Taking Responsibility for Our Feelings • 87

Five: Individual Assignments • 87

Five: Leader's Guide • 90

Five: Sample Responses to Leader's Guide • 94

Six—Exercises for the Chapter:

Requesting That Which Would Enrich Life • 97

Six: Individual Assignments • 97

Six: Leader's Guide • 99

Six: Sample Responses to Leader's Guide • 102

Seven—Exercises for the Chapter:

Receiving Empathically • 105

Seven: Individual Assignments • 105

Seven: Leader's Guide • 109

Seven: Sample Responses to Leader's Guide • 111

Eight—Exercises for the Chapter:**The Power of Empathy • 113**

Eight: Individual Assignments • 113

Eight: Leader's Guide • 118

Eight: Sample Responses to Leader's Guide • 121

Nine—Exercises for the Chapter:**Connecting Compassionately with Ourselves • 123**

Nine: Individual Assignments • 123

Nine: Leader's Guide • 129

Nine: Sample Responses to Leader's Guide • 133

Ten—Exercises for the Chapter:**Expressing Anger Fully • 135**

Ten: Individual Assignments • 135

Ten: Leader's Guide • 141

Ten: Sample Responses to Leader's Guide • 143

Eleven—Exercises for the Chapter:**The Protective Use of Force • 145**

Eleven: Individual Assignments • 145

Eleven: Leader's Guide • 149

Eleven: Sample Responses to Leader's Guide • 151

Twelve—Exercises for the Chapter:**Liberating Ourselves and Counseling Others • 153**

Twelve: Individual Assignments • 153

Twelve: Leader's Guide • 156

Twelve: Sample Responses to Leader's Guide • 159

Thirteen—Exercises for the Chapter:**Expressing Appreciation in NVC • 161**

Thirteen: Individual Assignments • 161

Thirteen: Leaders' Guide • 164

Thirteen: Sample Responses to Leaders' Guide • 167

Appendices • 169

One: *Suggestions for Further Practice of NVC* • 171

Two: *Feelings Lists* • 175

Three: *Universal Needs List* • 179

Four: *SSTOP! Being Sabotaged by Anger* • 181

Five: *Individual Feedback Form* • 183

Six: *Group Feedback Form* • 185

Seven: *NVC Process Tracking Chart* • 187

Eight: *Further Resources* • 189

Note pages • 193

Some Basic Feelings and Needs We All Have • 201

About CNVC and NVC • 202

Trade Publications Available from PuddleDancer • 204

Booklets Available from CNVC by PuddleDancer • 206

CDs and Cassettes Available from Sounds True • 207

Center for Nonviolent Communication Materials Order Form • 208

About the Author • 210

How you can use the NVC Process • (back inside cover)