

# Layers of Reflection

*Empathy is silent presence with direct experience, not the words we use.  
 In empathy with another, we focus only on another's experience.  
 In self-empathy we focus on our own experience.*

Sometimes our intuition leads us to convey our empathy with words.  
 Responding to Needs arising, we choose to reflect an aspect of experience that we connect to.

## **1. Acknowledgment: Naming Observations, Feelings, Requests, and/or Wishes.** *May also include Metaphor*

Tip: Transform moral judgment (e.g. blame and criticism before reflecting!

<p><b>Acknowledging another's experience</b></p> <p><b>O:</b> "(Something) happened."  <b>F:</b> "You are (feeling)."  <b>R:</b> "You would like _____ to happen."  <b>W:</b> "You wish _____."  <b>M:</b> "Is it like _____?"</p>	<p><b>Acknowledging your experience</b></p> <p><b>O:</b> "(Something) happened."  <b>F:</b> "I feel _____."  <b>R:</b> "I would like _____."  <b>W:</b> "I wish _____."  <b>M:</b> "Is it like _____?"</p>
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## **2. Reflecting Needs/Values**

**Words that point to nNeeds include: survival, protection, meaning, interdependence, autonomy, empathy, honesty, regeneration, wellbeing and transcendence**

Tip: Use the other person's words

Tip: Use a warm, caring tone

<p><b>Acknowledging another's Needs</b></p> <p>"You are valuing _____..."          "You love it when _____..."          "_____ is important to you..."</p>	<p><b>Acknowledging your experience</b></p> <p>"I am valuing _____..."          "I love it when _____..."          "_____ is important to you..."</p>
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## **3. Savoring the Beauty of Needs**

Tip: Count to one million before you open your mouth!

**Being present with the vital energy of the need**  
 by connecting to a universal, intrinsic resource.  
*Abundant **Space** / Silence*  
*Mostly silent **Presence**..*  
 Clarity of **Focus** on experience  
**"Ah, (Need)"**

Inspired by the work of Marshall Rosenberg, Ph.D., developer of Nonviolent Communication and John Gottman, Ph.D.

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