



A Road Map to Unconditional Love

Language 4 Lovers

Experience Extraordinary Relationships
with Effective Communication Skills



1. How is your relationship?
2. Magic Relationship Method.
3. The 7 Stages of Relationships.
4. Intimate Relationships Worksheet.
5. Disconnecting Strategies.
6. Connecting Strategies.
7. Seven Primary Feelings.
8. The Feedback Wheel.
9. Intimate Relationships Worksheets.

What is your dream about the evolution of your relationship?

What do you want to want to create in your relationship?

****Disconnecting Strategy #1: Case-Building****

"Are you tired of the blame game? Let's shift from building cases against each other to building bridges. Instead of using shame, guilt, and blame, let's cultivate a garden of empathy where understanding grows."

****Connecting Strategy #1: Connection-Building****

"Let's build a stronger connection through understanding, compassion, acceptance, and support. When in doubt, let's invite dialogue with, 'Please tell me more.'"

****Disconnecting Strategy #2: Storytelling****

"Is the story in your head more fiction than fact? Let's not get trapped in our own narratives without checking in with each other. Let's seek the truth together."

****Connecting Strategy #2: Story-Busting****

"Let's verify each other's intentions and meanings. Approach each other with openness and readiness to update our stories based on what we truly observe."

****Disconnecting Strategy #3: Message-Assuming****

"Assumptions are the termites of relationships. The message sent is rarely the message received. Let's not act on unverified beliefs; it's a path to misunderstanding."

****Connecting Strategy #3: Message-Clarifying****

"During important conversations, let's pause and clarify. Ask, 'Can you tell me what you heard me say?' and 'May I reflect on what I heard you say?'"

****Disconnecting Strategy #4: Cup-Stuffing****

"Are you overflowing with unexpressed emotions? Dumping them on your partner isn't the way. Let's not stuff our cups with the day's frustrations."

****Connecting Strategy #4: Cup-Emptying****

"Let's be present for each other. Wait until the other's cup is empty—or help empty it—before sharing. Use 'Cup Full!' as a signal for a needed pause."

****Disconnecting Strategy #5: The Fatal Fs****

"Trying to 'Fix' can lead to 'Fighting,' which can lead to 'Fleeing.' Let's not fall into this trap. Our partners are not problems to solve."

****Connecting Strategy #5: Always Offer Empathy First****

"Be the sanctuary for each other. Offer a listening ear and a soft place to fall. Advice should only be on the menu when it's requested."

The Seven Stages of an Intimate Relationship

Each relationship can become a vehicle for raising our consciousness.

1) **Romance: moonlight and red roses** - We first have the experience that we commonly call “falling in love,” which is wonderful, beautiful, magical, and invincible. We have an ecstatic, transcendent experience, which compels our willingness to risk taking on a relationship. Life is offering the two people (who fall in love) a momentary glimpse of what real love looks like, inviting them to hold on through the challenges to come.

2) **The commitment: the pledge** - The second stage is a conscious acknowledgment that the relationship exists and is going to be pursued. We imagine that every need will finally be met in grand style.

3) **Crisis: a crack in the vase** - At some point in every relationship, the differences between the two people are painfully revealed. The veils of romantic illusion are lifted. How are two people who have just fallen in love going to handle this reveal?

4) **Ordeal: the power struggle** – Here’s where you will discover your differences, work through them (or not), and with awareness develop an aspect of your personality that was submerged or needed development. The ordeal is always a journey of intense emotions, which come out into the open. When the ordeal becomes extreme, it’s easy to become defensive and self-righteous, to find your partner or the relationship at fault. As the relationship continues through the ordeal, it’s no longer being carried along on the wings of romance and great expectations; it’s being dragged along by disappointment and feelings of being out of control. If you’re courageous, you can start looking at yourself. Sometimes, a transformation to authentic love and acceptance can occur. It is the ordeal itself that can gradually move us towards a more perfect and lasting love.

5. **Chaos: loss of control (an aspect of the ordeal)** - At some point in the ordeal (before resolution arrives), many descend into the black hole of chaos. At this stage, some are at their wits end and don’t know which way is up. Many come to feel that the issue(s) which dogged the relationship are gigantic, immense, irresolvable. Sometimes chaos is the stage from which a new beginning springs. For others, it’s the swamp from which THE END of a relationship emerges. It’s another invitation to spiritual growth.



6) **Surrender: The Awakening** - When you surrender, you give up expectations and give way to the process. Often, in the minute of surrender, lights begin to dawn in your relationship. Patterns emerge. Sight is clear. The value of the chaos is realized, and we are born anew (in the relationship and our lives).

7) **Transformation/Resolution: True Love** - The people in relationship have forever changed. Transformation requires either that you live in your current relationship level incorporating the growth. Or, because of the agonies or the incompatibilities which developed, you leave the relationship and proceed to the next level with someone else. Either way, basically, there's nothing left to lose. You may have thought you were losing your mind. Finally, you gave up. This is the moment of the miracle. You have been released from the power struggle, from the endless fixation of all of your petty, gigantic, emotional grievances. You are able to simply embrace another person with nothing but the grace of your love, with total perception, total reception, total acceptance. The ultimate goal of all of our relationship experience(s) is to deliver us to this place. No judgment, no ax to grind, no need to whimper over or insist upon being fulfilled. Just love. Pure love.

This journey through these relationship “stations of the cross” is a spiritual initiation. At every critical junction we have choice; we can stay fixated on the personality level, stranded with the agenda of fulfilling our needs (at the expense of the other), or we can respond differently and move to a higher level of love. We can expand our hearts and move from attachment to certain outcomes to the acceptance of our partner as a whole person. We can give up our psychological agendas and surrender to the journey of transformation and absolute love.

Daphne Rose Kingma—The Future of Love 1998 pages 70-86



THE FIVE LOSING STRATEGIES

FOR GETTING WHAT YOU WANT IN YOUR RELATIONSHIP

FROM "THE NEW RULES OF MARRIAGE: WHAT YOU NEED TO KNOW TO MAKE LOVE WORK" BY TERRY REAL

Unbridled Self-Expression

Sharing how hurt, angry, or outraged you feel in the name of venting, getting things off your chest, or so called open, honest communication.

Expressing how horrible you feel, or how terribly you think your partner has behaved, won't get them to listen, let alone change.

Controlling Your Partner

"Getting" your partner to do what you want, to change, to be better, or to get back to how they were when you were first together doesn't work. People don't like being controlled or manipulated into changing or doing something, even when it's the right thing to do, or "for their own good."

Needing to be Right

Stating "objectively" what "really happened" so that your partner will understand the "truth" and change their opinion, understanding, or position. You may even be "right" and have evidence to prove your case, but it still won't get you any closer to your partner.

Retaliation

Trying to get your partner to understand how hurt or upset you feel by hurting them back, or by passive aggressively holding back. Offending from the victim position won't make your partner more accountable, understanding, or sorry for what they did that hurt you.

Withdrawal

Whether it's motivated by a desire to punish your partner, avoid conflict, protect yourself from vulnerability, or to just remove yourself from an exhausting exchange or a continually difficult topic, unilateral withdrawal is not an effective strategy for keeping the peace in a relationship.

THE FIVE WINNING STRATEGIES FOR GETTING WHAT YOU WANT IN YOUR RELATIONSHIP

FROM "THE NEW RULES OF MARRIAGE: WHAT YOU NEED TO KNOW TO MAKE LOVE WORK" BY TERRY REAL

Shift from Complaint to Request

Instead of complaining about what your partner did wrong, ask them for what you want. Let your partner know what you would like them to do, now or in the future, that would give you more of what you want. You have no right to complain about what you never asked for.

Speak Out with Love & Savvy

In the midst of conflict and disappointment it's often difficult to behave constructively. But if you take the time to think about your true goal, connecting and repairing with the person you love, you have a much better chance of getting what you want from your partner.

Respond with Generosity

When your partner comes to you seeking repair, a natural response is to counter their position, defend your actions, or to tell them the ways you also feel dissatisfied. None of this will help move you back into connection. Instead, listen to truly understand, acknowledge your own behavior, and give your partner as much as you can.

Empower Each Other

The final steps in the repair process are to express appreciation for everything that your partner has agreed to do for you and, to offer to help your partner deliver on what they have agreed to do. Ask your partner: "How can I help you to give me what I want?"

Cherish what You Have

Cultivate joy and pleasure in your relationship. Express appreciation for your partner. Demonstrate your love, passion and affection for your partner. Rediscover romance, fun, and new experiences together. Find time to be fully available and in tune with one another. Focus on the good in your relationship and in your life together.

Useful Feelings List

Spend some time exploring this list. Notice, and then circle, or write down the emotions you are feeling lately.

PEACEFUL

absorbed
blissful
calm
content
engrossed
expansive
serene
spacious
tranquil

GLAD

confident
delighted
encouraged
excited
grateful
happy
hopeful
inspired
joyful
relieved
satisfied

PLAYFUL

alive
effervescent
energetic
exuberant
impish
invigorated
refreshed
stimulated
zestful

LOVING

affectionate
appreciative
compassionate
friendly
nurtured/nurturing
sensitive
tender
warm
sweet

MAD

aggravated
agitated
angry
annoyed
bitter
enraged
exasperated
frustrated
furious
hostile
irritated
miffed

TIRED

exhausted
fatigued
fidgety
indifferent
lethargic
listless
overwhelmed
weary

CONFUSED

apathetic
embarrassed
hesitant
perplexed
torn
troubled
uncomfortable
uneasy
withdrawn

SCARED

afraid
anxious
fearful
horrified
jittery
nervous
panicky
shocked
startled
terrified
worried

SAD

despair
despondent
discouraged
distressed
gloomy
heavy
hopeless
hurt
lonely
pessimistic
troubled
vulnerable

Non-Feeling Words

These thoughts will block connection

abandoned	intimidated	smothered
abused	isolated	stupid
attacked	invalidated	threatened
betrayed	invisible	trampled
blamed	left out	tricked
caged	manipulated	unheard
cheated	misunderstood	unimportant
cornered	neglected	unseen
criticized	overpowered	uncomfortable
distrusted	overworked	unwanted
dumped on	patronized	unworthy
hassled	pressured	used
ignored	put down	violated
inadequate	rejected	worthless
insulted	ripped off	worthy

Pick the above word you use most often. Enter it in the blank below.

“When I think I am _____, what am I feeling?”

Now stop thinking. Pay attention to your body. Be in the present moment.

What is the strongest feeling that comes up? _____

Expressions that are not feelings.

I feel like . . .

I feel that . . .

I feel it . . .

I feel as if . . .

I feel you . . .

I feel I (he, she, they)

Feelings are not likely expressed after these phrases.

Thoughts, evaluations, judgments and criticisms usually follow these phrases.

TRANSLATING EVALUATIVE WORDS

Evaluative Word	Giraffe Feeling(s)	Giraffe Need(s)
abandoned	terrified, hurt, bewildered, sad, frightened, lonely	nurturing, connection, belonging, support, caring
abused	angry, frustrated, frightened	caring, nurturing, support, emotional or physical well-being, and consideration. need for all living things to flourish.
(not) accepted	upset, scared, lonely	inclusion, connection, community, belonging, contribution, peer respect
attacked	scared, angry	safety
belittled	angry, frustrated, tense, distressed	respect, autonomy, to be seen, acknowledgment, appreciation
betrayed	angry, hurt, disappointed, enraged	trust, dependability, honesty, honor, commitment, clarity
blamed	angry, scared, confused, antagonistic, hostile, bewildered, hurt	accountability, causality, fairness, justice
bullied	angry, scared, pressured	autonomy, choice, safety, consideration
caged/ boxed in	angry, thwarted, scared, anxious	autonomy, choice, freedom
cheated	resentful, hurt, angry	honesty, fairness, justice, trust, reliability
coerced	angry, frustrated, frightened, thwarted, scared	choice, autonomy, freedom, act freely, choose freely
cornered	angry, scared, anxious, thwarted	autonomy, freedom
criticized	in pain, scared, anxious, frustrated, humiliated, angry, embarrassed	understanding, acknowledgment, recognition, accountability, non-judgmental communication
discounted/ diminished	hurt, angry, embarrassed, frustrated	need to matter, acknowledgment, inclusions, recognition, respect
disliked	sad, lonely, hurt	connection, appreciation, understanding, acknowledgment, friendship, inclusion
distrusted	sad, frustrated	trust, honesty
dumped on	angry, overwhelmed	respect, consideration
harassed	angry, frustrated, pressured, frightened	respect, space, consideration, peace
hassled	irritated, distressed, angry, frustrated	serenity, autonomy, do things at my own pace and in my own way, calm, space
ignored	lonely, scared, hurt, sad, embarrassed	connection, belonging, inclusion, community, participation
insulted	angry, embarrassed	respect, consideration, acknowledgment, recognition
interrupted	angry, frustrated, resentful, hurt	respect, to be heard, consideration
intimidated	Scared, anxiety	safety, equality, empowerment
invalidated	angry, hurt, resentful,	appreciation, respect, acknowledgment, recognition
invisible	sad, angry, lonely, scared	to be seen and heard, inclusion, belonging, community
isolated	lonely, afraid, scared	community, inclusion, belonging, contribution

Evaluative Word	Giraffe Feeling(s)	Giraffe Need(s)
left out	sad, lonely, anxious	inclusion, belonging, community, connection
let down	sad, disappointed, frightened	consistency, trust, dependability, consistency
manipulated	angry, scared, powerless, thwarted, frustrated	autonomy, empowerment, trust, equality, freedom, free choice, connection, genuineness
mistrusted	sad, angry	trust
misunderstood	upset, angry, frustrated	to be heard, understanding, clarity
neglected	lonely, scared	connection, inclusion, participation, community, care, mattering, consideration
overpowered	angry, impotent, helpless, confused	equality, justice, autonomy, freedom
overworked	angry, tired, frustrated	respect, consideration, rest, caring
patronized	angry, frustrated, resentful	recognition, equality, respect, mutuality
pressured	anxious, resentful, overwhelmed	relaxation, clarity, space, consideration
provoked	angry, frustrated, hostile, antagonistic, resentful	respect, consideration
put down	angry, sad, embarrassed	respect, acknowledgment, understanding
rejected	hurt, scared, angry, defiant	belonging, inclusion, closeness, to be seen, acknowledgment, connection
ripped off/ screwed	Anger, resentment, disappointment	consideration, justice, fairness, justice acknowledgment, trust
smothered/ suffocated	Frustrated, fear, desperation	space, freedom, autonomy, authenticity, self-expression
taken for granted	sad, angry, hurt, disappointment	appreciation, acknowledgment, recognition, consideration
threatened	scared, frightened, alarmed, agitated, defiant	safety, autonomy
trampled	angry, frustrated, overwhelmed	empowerment, connection, community, being seen, consideration, equality, respect, acknowledgment
tricked	embarrassed, angry, resentful	integrity, trust, honesty
unappreciated	sad, angry, hurt, frustrated	appreciation, respect, acknowledgment, consideration
unheard	sad, hostile, frustrated	understanding, consideration, empathy
unloved	sad, bewildered, frustrated	love, appreciation, empathy, connection, community
unseen	sad, anxious, frustrated	acknowledgment, appreciation, be heard
unsupported	sad, hurt, resentful	support, understanding
unwanted	sad, anxious, frustrated	belonging, inclusion, caring
used	sad, angry, resentful	autonomy, equality, consideration, mutuality
victimized	frightened, helpless	empowerment, mutuality, safety, justice
violated	sad, agitated, anxiety	privacy, safety, trust, space, respect
wronged	angry, hurt, resentful, irritated	respect, justice, trust, safety, fairness

Needs are at the root of all of our feelings.

Marshall Rosenberg uses the word “need” to describe what other people prefer to call values, principles, big ideas, qualities, or what we hold dear.

Needs are universal in that all humans have them. Connecting with needs improves life. Needs are NOT related to a person, a place, or thing. Everything is done in service of needs.

In NVC, we pay a lot of attention to the commonalities among people. Living organisms have numerous such as meaning, autonomy, connection, communication, authenticity, peace, play, and physical needs.

I like to think of needs this way: when our needs are being met, life is more wonderful. When they are not met, life is less wonderful.

We live in a world where people are often judged harshly for identifying or revealing needs, which can be frightening. Women, in particular, are susceptible to this criticism. “She is so needy.” For centuries, the image of a loving woman has been associated with sacrifice and denial of her own needs so that she can take care of others. Therefore, women often learn to ignore their own needs.

The situation for men is similar. If men express their needs, they are often considered weak and unreliable. Many men march off to work and ignore all other needs in their life. Unfortunately, when they retire, many die soon after because they see no other purpose in their life; they’ve derived their sense of meaning from their work.

Sadly, when we do not understand our needs for ourselves or others, our relationships at home and work are unsatisfying.

In 2006, Marshall published *The Nonviolent Communication Training Course* where he shared a preference for the work of Manfred Max-Neef on Human Needs where he distinguished between needs and satisfiers.

Around the same time, NVC trainers noticed that some needs in lists used at the time could be strategies to meet needs.

I use the terms needs and satisfiers for clarity in the following list to indicate a bridge between needs and requests, to focus on asking for what we want to satisfy a need.

Both needs and satisfiers are not related to person, place, or thing. Those come into play when we get to making requests which will involve strategies.

NEEDS & SATISFIERS

MEANING

Acknowledgment
Awareness
Beauty
Celebration
Clarity
Closure
Competence
Contribution
Effectiveness
Growth
Hope
Inspiration
Learning
Mourning
Purpose
Stimulation
Understanding

PLAY

Excitement
Fun
Humor
Joy
Laughter

AUTONOMY

Choice
Freedom
Independence
Space
Companionship

AUTHENTICITY

Aliveness
Creativity
Honesty
Integrity
Openness
Self Expression
To be heard/seen
To know
To be known
Transparency
Trust
Respect

CONNECTION

Acceptance
Belonging
Closeness
Communication
Rest
Compassion
Consideration
Empathy
Interdependence
Intimacy
Love

PHYSICAL

Air
Hydration
Movement
Procreation
Safety
Shelter
Sustenance
Touch

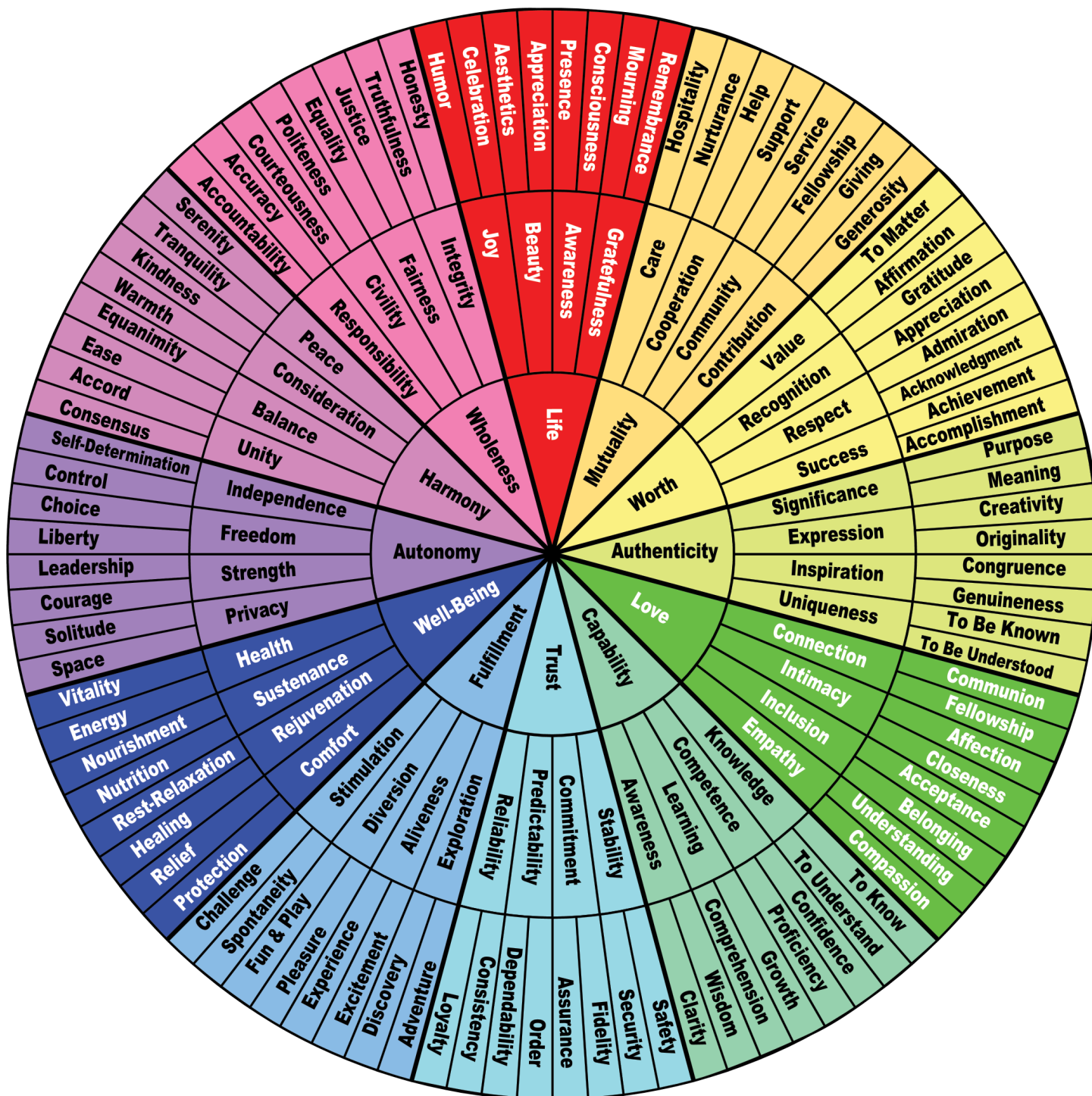
COMMUNITY

Collaboration
Cooperation
Equality
Inclusion
Mutuality
Support

PEACE

Beauty
Consciousness
Ease
Flow
Harmony
Presence
Spaciousness
Spiritual Connection
Transformation

NEEDS WHEEL



Intimate Relationships Workshop: The Precious Gift

Purpose of intimate relationships is to enjoy life. It is not easy to enjoy life with our language; you need a language of life.

The purpose of NVC is not to get people to do what you want. The purpose is to create the quality of connection with people that makes it a joy to contribute to another's well being.

Today you will create more joy by creating a precious gift to your lover by giving them the opportunity to contribute to our lives.

Let me show you why it will be a gift. How did you feel the last time you did something for someone else that you wanted to do?

We will express something about our relationship that is **not** what we would most enjoy to talk about. And make a request to make life more enjoyable and ask it in a Santa Claus way. You know, ask with a HO, HO, HO, knowing your need is a wonderful gift to someone else.

So please get ready to write down an observation, feeling, need and request around a need that is not getting taken care of in a way that meets your needs.

Now some of you might be a little nervous because it is very likely that you have some level of experience at not getting your needs met. How many? Please raise your hand so we can all see how common this difficulty is.

There are two reasons we do not get our needs met. One, we do not express a need; it is the understanding of the need that makes giving a joy. Two, we do not make a request.

In NVC you always want to end on a request, either a connecting request or a need filling request. (Can you tell me back what I said so I could see if I made myself clear?)

Now remember, make sure that what you say is not going to be heard as a demand, because our partner will forget whatever is heard as a demand. What makes this tricky is a common malady called "maleitis." "Maleitis" is the condition where all requests and statements of needs are heard as demands. She: "You could hear a demand from a rock! He: "Only if I love it."

Now remember that every word that is not feelings, need, or requests will detract from success. The more words the less understanding. Never put a feeling into a request.

The Gift

Please pick an event that is still alive in you where your partnership was less than wonderful. Give it a title here.

Enjoy the show.... At this stage just tell the story in a way that is natural to you as if you were describing to someone who was not there what happened. Use extra paper if needed.

Observation:

Feelings:

Needs:

Request:

The Gift

Please pick an event that is still alive in you where your partnership was less than wonderful. Give it a title here.

Enjoy the show.... At this stage just tell the story in a way that is natural to you as if you were describing to someone who was not there what happened. Use extra paper if needed.

Observation:

Feelings:

Needs:

Request:

The Gift

Please pick an event that is still alive in you where your partnership was less than wonderful. Give it a title here.

Enjoy the show.... At this stage just tell the story in a way that is natural to you as if you were describing to someone who was not there what happened. Use extra paper if needed.

Observation:

Feelings:

Needs:

Request:

The Gift

Please pick an event that is still alive in you where your partnership was less than wonderful. Give it a title here.

Enjoy the show.... At this stage just tell the story in a way that is natural to you as if you were describing to someone who was not there what happened. Use extra paper if needed.

Observation:

Feelings:

Needs:

Request:

This page is for your notes