

# Whole-Hearted Communication

## The Roadmap to Connection Using NVC



**C. Empathy** (non-verbal or verbal)                      **D. Honesty** (Self-Expression)

Once fully self-connected, decide if and how to heart-connect to the other.



**B.** Breathe. When ready, move to inner process of **self-connection** above.

- |  |                                 |                                       |   |
|--|---------------------------------|---------------------------------------|---|
| <b>Imposing</b><br>"Should / ought to" | <b>Blame</b><br>who's at fault? | <b>Labels</b><br>"I am / you are ..." | <b>Judgment / Diagnosis</b><br>good / bad – right / wrong – fair / unfair |
|  | <b>Demand</b><br>threat         | <b>Deserve</b><br>punishment / reward | <b>No Choice</b><br>"have to" / "must"                                    |

→→**Start:**  
Is your INTENTION to acknowledge our interdependence & CONNECT to life?

**A.** Triggered? Notice and allow any thoughts like ones above.

The goal of Compassionate Communication, aka Nonviolent Communication<sup>SM</sup> (NVC), is to connect at the level of our humanness, valuing all needs (ours and others) equally, and to give and receive in an attitude of pure, natural giving. Cnvc.org