

Meaningful Communication On One Foot

“Every criticism, judgment, diagnosis, and expression of anger is the tragic expression of an unmet need.”
— Marshall Rosenberg, founder of the Center for Nonviolent Communication

From the Talmud (Shabbat 31a)

There was an incident involving one gentile who came before Shammai and said to Shammai: Convert me on condition that you teach me the entire Torah while I am standing on one foot. Shammai pushed him away with the builder’s cubit in his hand. He came before Hillel. Hillel converted him and said to him: That which is hateful to you do not do to another; that is the entire Torah, and the rest is its interpretation. Go study.

The Nonviolent Communication Model:

Empathetically Listening	Honestly Expressing
---------------------------------	----------------------------

For both boxes, what are my/their:

observations
feelings
needs
requests

The Center for Nonviolent Communication (CNVC) is a global organization that supports the learning and sharing of Nonviolent Communication (NVC), and helps people peacefully and effectively resolve conflicts in personal, organizational, and political settings.

<https://www.cnvc.org/about>

1. Don't Just Do Something- Sit There! "Empathetically Listening"

Shammai says make your Torah fixed. Say little, and do a lot. And receive each person with a positive vibe. (Pirkey Avot 1:15)

"Simplify yourself (say just a little bit), Simplify yourself (let your actions speak for themselves)"

- Text translation and "Simplify" song lyrics by Cornerstone educator Chana Rothman

2. Yes, And I... "Honestly Expressing"

He [Hillel] used to say: If I am not for me, who will be for me? And when I am for myself alone, what am I? And if not now, then when? (Pirkey Avot 1:14)

3. Know Thyself "Mindful Inner World"

Mindful Inner World (adapted from Kathy Simon, PhD of the CNVC)

1. Self-awareness- noticing my own reactions
2. Self-understanding- recognizing patterns of inner dialogue, including self-criticism and judgments of others
3. Cultivating a life-serving belief system- that my needs matter and your needs matter; that we are all interdependent; Tzelem Elokim (created in the image of God), loving your neighbor as yourself, etc.

From the Talmud: Eruvin 13b

For three years, the House of Hillel and the House of Shammai argued [about who was right in matters of Jewish law]. A heavenly voice spoke: "These and these are the words of the living God, and the law follows the House of Hillel."

A question was raised: Since "Both these and those are the words of the Living God," why did the law follow Hillel? It is because the students of Hillel were kind and gracious. They taught their own ideas as well as the ideas from the students of Shammai. Not only for this reason, but they went so far as to teach Shammai's opinions first.

From the Mishnah: Yevamot 14

Though one forbade what the other permitted [ie. they disagreed], the followers of Shammai did not refrain from marrying women from the families of Hillel's followers, nor did the followers of Hillel refrain from marrying women from the families of Shammai's followers.

Needs Inventory

CONNECTION

acceptance
affection
appreciation
belonging
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
empathy
inclusion
intimacy
love
mutuality
nurturing
respect/self-respect

CONNECTION continued

safety
security
stability
support
to know and be known
to see and be seen
to understand and
be understood
trust
warmth

PHYSICAL WELL-BEING

air
food
movement/exercise
rest/sleep
sexual expression
safety
shelter
touch
water

HONESTY

authenticity
integrity
presence

PLAY

joy
humor

PEACE

beauty
communion
ease

equality

harmony

inspiration

order

AUTONOMY

choice
freedom
independence
space
spontaneity

MEANING

awareness
celebration of
life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
mourning
participation
purpose
self-
expression
stimulation
to matter
understanding

Feelings Inventory

Feelings when your needs are satisfied

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
Warm

ENGAGED

absorbed
alert
curious
engrossed
enchanted

HOPEFUL

expectant
encouraged
Optimistic
CONFIDENT
empowered
open
proud
safe
secure

EXCITED

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

GRATEFUL

appreciative
moved
thankful
touched
INSPIRED
amazed
awed
Wonder
JOYFUL
amused
delighted
glad
happy
jubilant
pleased
tickled

EXHILARATED

fulfilled
blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
Thrilled
PEACEFUL
calm
clear headed
comfortable
centered
content
equanimous
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting
REFRESHED
enlivened
rejuvenated
renewed
rested
restored
revived

Feelings when your needs are not satisfied

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
Repulsed
CONFUSED
ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
Upset
EMBARRASSED
ashamed
chagrined
flustered
guilty
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out
PAIN
agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
unhappy
Wretched
TENSE
anxious
cranky
distressed
distraught
edgy

fidgety

frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out
VULNERABLE
fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky
YEARNING
envious
jealous
longing
nostalgic
pining
wistful

Website: www.cnvc.org Email: cnvc@cnvc.org

Phone: +1.505-244-4041