
WEEK 5

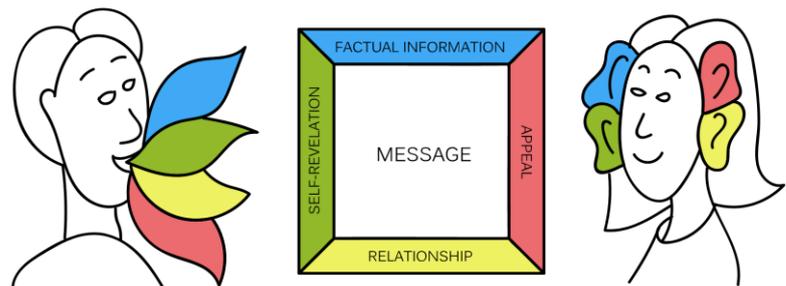
MINDFUL COMMUNICATION

FACTUAL CONTENT:
WHAT IS LITERALLY BEING SAID?

SELF-DISCLOSURE:
WHAT DOES THE SENDER WANT TO SAY ABOUT HIMSELF OR WHAT DOES THE RECEIVER THINK THE SENDER WANTS TO SAY ABOUT HIMSELF

RELATIONSHIP LEVEL:
WHAT DOES THE SENDER IMPLY ABOUT THE RELATIONSHIP?

APPEAL:
WHAT REACTION DOES THE SENDER LIKE TO HAVE OR DOES THE RECEIVER THINK, THAT THE SENDER WANTS?



WHY DON'T WE ALWAYS LISTEN MINDFULLY



- You hear what you expect, not what is said
- You cannot concentrate so well
- You have too much to do
- You jump to conclusions
- You want to express your own ideas
- You get lost in chatter
- You do not see the other person
- You are too busy with your own thoughts
- You try to solve the problems of others

MINDFUL SPEAKING



Once Socrates was walking through the streets of Athens. Suddenly, a man came up to him excitedly. "Socrates, I have to tell you something about your friend who..." "Wait a minute," Socrates interrupted him. "Before you go on - have you sifted the story you want to tell me through the three sieves?" "The three sieves? What three sieves?" the man asked in surprise. "Let's try it out," Socrates suggested. "The first sieve is the sieve of truth. Are you sure that what you want to tell me is true?" "No, I heard someone tell it." "I see, but then surely it has passed through the second sieve, the sieve of good? Is it something good you want to tell me about, my friend?" Hesitantly, the man replied, "No, not that. On the contrary..." "Hmm," said Socrates, "now we are left with the third sieve. Is it necessary for you to tell me what is upsetting you?" "No, not really necessary," replied the man. "Well," said Socrates, smiling, "if the story you want to tell me is not true, is not good, and is not necessary, you'd better forget it and not burden me with it!"

EXERCISE: MINDFUL BEHAVIOR

Slowly read through the following list of mindful behaviors and their respective definitions.

Acceptance: seeing, feeling, and acknowledging things exactly as they are in the present moment. Acceptance does not mean passivity, resignation, or acquiescence. You allow a clear perception of the present that shapes our actions.

Letting go: Letting change happen and not holding on to thoughts, feelings and experiences. This is purposeful action and is not to be equated with suppression or forgetfulness.

Openness: perceiving things as if it were the first time. Awareness of attitudes and opinions that block such fresh perception.

Generosity: giving in the present moment out of caring and compassion, without the need for gain, recognition or compensation.

Withholding Judgments: Observing the present moment by present moment without judgment or categorization.

Empathy: Feeling and understanding another person's situation in the present moment, including their perspectives, feelings, and actions.

Kindness: thoughtfulness, kindness, and gentleness. However, kindness is not passive, hesitant, or resentful.

NONVIOLENT COMMUNICATION

OBSERVING VS. JUDGING

What have I actually experienced? Seen? Heard?

Could anyone dispute what I state as facts?

Am I sticking to myself? ("I have seen ..." instead of "everybody sees that"? Am I evaluating morally?

DESCRIBING OUR OWN FEELINGS, WHICH ARE INDEPENDENT OF OTHER PEOPLE

These descriptions require the participation of another person (pseudo feelings): abandoned, insulted, betrayed, cheated, coerced, humiliated, manipulated, misunderstood, exploited, rejected, unheard, unseen, and unsupported.

These are examples of "real feelings": agitated – embarrassed – nervous - alarmed – exasperated – overwhelmed - ambivalent – flustered – protective - angry – grief – sad - annoyed – scared - anxious – helpless – stressed - confused – hopeless – suspicious - despairing – impatient – tense - devastated – irritated – terrified - disconnected – lonely – torn - discouraged – longing – troubled.

DEFINE OWN (UNFULFILLED) NEEDS

Question: What do I *really* need in this situation?

Realize that feelings and needs are strongly linked.

Do I perhaps need: security, understanding, love, sincerity, belonging, creativity, freedom, grief, or self-actualization?

REQUEST

With a "real request" is a "no" also okay?

OVERVIEW OF MINDFUL COMMUNICATION

MINDFUL SPEAKING

- Is it true, nice and/or necessary?
- Am I extinguishing the flames of others with it?
- Do I speak clearly and with focus?
- Am I grumbling (bitching) OR expressing myself critically, constructively?
- Do I communicate non-violently?

BEING MINDFUL

- Am I present?
- Am I aware of my thoughts, feelings and impulses?
- Do I evaluate what I hear? And if so, by what standard?
- Do I listen selectively?

MINDFULNESS IN EVERYDAY LIFE

SAY YES

Say YES to everyone and to everything that happens. When you feel the impulse to disagree, ask yourself if it is really necessary. Could you perhaps just nod or even remain kindly silent? Whenever it doesn't put yourself or others in danger, agree with others or whatever is happening in your life right now.

FEEL THE SOLES OF YOUR FEET

Focus your attention on the soles of your feet as often as possible throughout the day. Become aware of the sensations in the soles of your feet, such as the pressure of the floor or the earth under your feet. Feel if your feet are warm or cold. This exercise is especially important if you notice that you are anxious or agitated.

DID YOU MISS ANYTHING?

Stop several times a day and take note of what you are paying attention to at the moment; then open your senses wider to see if you can discover something you have missed. Our attention is usually selective. What did you miss?

HOMEWORK WEEK 5

HOME PROGRAM

Choose 2-3 office yoga exercises. Then sit down and practice a breathing exercise for 2-3 minutes followed by 3 rounds of coffee breathing (20 dynamic breaths each).

Finally, choose a meditation.

SILENT MOMENTS / REFLEXIONS

Practice mindful listening.

Practice mindful speaking.

Consider where you are in the four ears model.

Practice nonviolent communication.

Discover needs (in yourself and others)

Universal feelings list (partial)

FEELINGS

When needs are met

adventurous	engaged	loving
affectionate	excited	moved
alive	fascinated	peaceful
calm	friendly	playful
confident	glad	relaxed
content	happy	satisfied
curious	hopeful	tender
delighted	interested	thrilled
energetic	joyful	warm

When needs are not met

agitated	embarrassed	nervous
alarmed	exasperated	overwhelmed
ambivalent	flustered	protective
angry	grief	sad
annoyed	heartbroken	scared
anxious	helpless	stressed
confused	hopeless	suspicious
despairing	impatient	tense
devastated	irritated	terrified
disconnected	lonely	torn
discouraged	longing	troubled

Universal needs list (partial)

NEEDS

Connection	Interconnection	Competence
Acceptance	Belonging	Effectiveness
Affection	Consideration	Efficiency
Clarity	Community	Growth
Communication	Cooperation	Learning
Confirmation	Dignity	Power
Compassion	Mutuality	
Intimacy	Support	Honesty
Understanding	Trust	Authenticity
Love		Integrity
	Meaning	
Autonomy	Contribution	Basic Survival
Choice Space	Creativity	Shelter
Spontaneity	Hope	Food & Water
	Inspiration	Rest
Peace	Purpose	Safety
Beauty		Security
Ease	Celebration	Touch
Harmony	Joy	
Order	Mourning	
Wholeness	Play	
