

Welcome to your second instalment of learning all things Non-violent Communication (NVC) – **SELF TALK!**

As we move through today's video we will be recapping on our first training and looking at how we can apply that knowledge and those same skills into how we communicate with ourselves.

The whole purpose of NVC is to teach self-connection, honest self-expression and empathy, to allow you to communicate with conscious clarity, resulting in a deeper understanding of yourself and of others.

Last time we touched on our inner thought process and how that can affect how the people around us feel and respond, so this time we are going to focus on how to be kind to ourselves to help foster those positive communications and exchanges not just with other people, but with ourselves, too.

To help get you in the right mindset, I'm going to kick off the training with some simple words that us, as individuals, should remind ourselves of on a daily basis:

YOU ARE RESPONSIBLE FOR YOUR OWN HAPPINESS!

JACKAL + GIRAFFE

As you will recall, our 'Jackal' is our negative language and our 'Giraffe' is our positive language.

When communicating with others, our Jackal can present itself by leaving our counterpart experiencing feels of guilt, fear or defeat as a result of attacking and blaming language (which we often use without even realising). So, when it comes to our "self-talk" we can have the same effect on ourselves by hearing ourselves through a filter of self-judgement and self-blame. You may know this Jackal as your inner saboteur. The voice that tells you "you can't" or "you're not good enough". The voice that is constantly comparing you to others and making you second guess and doubt everything you're doing. Your inner saboteur is what will always hold you back from achieving your goals.

It affects our decision making, it changes the way we present ourselves both physically and verbally. It comes from the negative space we all hold within us, but we need to remember that it is up to us to decide how much room we allow it to take up in our lives.

When you're feeling these feelings of negativity and uncertainty, that is when you need your Giraffe to step into the picture and say "Hey, Jackal. Take a beat. There's nothing productive coming from you, so why don't you let me take it from here?"

Sometimes it's as easy as picturing a literal Jackal and Giraffe having that exchange haha, sometimes you need to take a moment to ask yourself "why am I feeling this way?" or "Where is this feeling of negativity going to land me?" which will help you snap yourself out of that headspace.

The first step is recognising those feelings and hearing the difference between your Jackal and Giraffe – you will likely even notice the difference in how you feel when you look at things through a lens of positivity.

OBSERVATIONS

Always remember the difference between observations and interpretations.

Interpretation can often be the gateway for our Jackal to sneak back in past our Giraffe and start feeding negativity again. The only way we can make true evaluations and build proper beliefs is by OBSERVING. After all, we all know what happens when you assume... You make an ASS out of U + ME.

Creating assumptions and interpreting things incorrectly will only land you in a place of self-doubt, overprocessing and mindless exhaustion. So, it is up to us to remind ourselves to only base our thought processes on what we have seen and heard firsthand, and where observations are not clear – ask questions! When questions come from a place of genuine curiosity and wanting to educate ourselves, there is no harm or threat, just a willingness to grow.

Always remember to check yourself - take your time assess a situation, don't rush yourself. Allow yourself to really look at what is going on and ensure you are OBSERVING the true happenings. A failure to do this will only land you in a negative headspace.

FEELINGS

As you will remember from our last NVC training - when it comes to our feelings, it is important to remember the difference between our feelings and faux feelings. I have attached some helpful lists below this vid to refer to today and throughout your own journey of getting to know yourself!

Feelings are our bodies way of pointing to the "need" that has or has not been met. Once we can properly identify our feelings, it becomes much easier for us to fulfil our needs and properly request what we need from ourselves.

While learning to recognise our feelings we also need to remember that feelings are not thoughts. "I feel like..." "I feel that..." "I feel as though..." are all thoughts, not feelings.

There is an archaic way of thinking that we would have all seen or experienced and that is to believe feelings are associated with weakness. This way of thinking is completely wrong and driven by fear, so if that notion hangs around in your mind at all to this day – throw it out the window right now and I can assure you, you will feel so much lighter. In fact, the truth is completely opposite to this. Feelings are where we grow and become stronger, because it is through our vulnerability that we truly learn to understand ourselves, and in turn allow others to also understand us on a better level.

Understanding ourselves and allowing ourselves to feel whatever feelings are trying to surface from within us is the first step towards identifying our true emotions and what we need.

Say it with me:

FEELINGS, EMOTIONS AND VULNERABILITY = GROWTH AND STRENGTH

NEEDS

Everyone experiences needs, however, sometimes it can be hard to identify something you need from yourself as opposed to someone else. When we think we need something from someone else it is often because we don't believe it is something we can give ourselves as we

don't allow our minds to take us to places out of our comfort zone, so in turn we rely on others to help us meet our needs and turn our feelings around. Later in this training we'll have a look at how we can reset our way of thinking and rely on ourselves again.

Once we identify the true need associated with what we're feeling we are then able to open ourselves up to different possibilities to fulfil it. I have attached our needs sheet below this video to help guide you in this process.

Ask yourself questions – internally or externally – to help figure out what your needs are. This is another one of those situations where the more you do it, the more natural it will become. It may feel awkward to begin with, but you will quickly realise how beneficial it will be in creating a healthy relationship with yourself.

Some examples of questions to ask yourself:

- ♥ What did I observe to bring this feeling on?
- ♥ Have I felt this before? And if so, what did I need then?
- ♥ What is different this time around?
- ♥ Why? – this one is a simple one and not always fitting but when it is it can often be the most effective question of all.

When you ask yourself these types of questions don't be afraid of what you might come to realise through the answers. The answer and the journey you take to get to the answer is what will help you gain clarity and a better understanding of the situation and yourself, further adding to your growth. The only person you ever need to make proud or justify yourself to, is you. So, when you remove the block of fear that is standing in the way of you understanding your true feelings and emotions, you will propel yourself forward in your journey to emotional intelligence and also love yourself deeper.

REQUESTS

Don't allow your Jackal in – a request is not a burden nor is it a sign of weakness. It is so easy to slip into the mindset of not properly requesting anything of ourselves because we don't believe we deserve it or we believe we are not a priority, so please remind yourselves; A request is an invitation to help ourselves understand and meet our needs to become the best version of ourselves. We are our biggest priority and acknowledging this is another step in your growth journey.

When it comes to our requests, be specific. Be quiet, be loud – just be specific and don't allow yourself to hold back from making requests because this is where your growth will occur. As I said earlier – identifying feelings and the needs associated with those feelings is not always easy, but once you do you can then make requests of yourself.

Everyone's requests will look different and you do not need to tell people what you've requested of yourself, however doing this can help hold yourself accountable if you feel you need that.

Some requests can be simple and obvious, others you may need to dig a bit deeper for. You will also notice through this process that you actually request things from yourself all the time, so why stop at the small asks?

Some examples of requests:

- ♥ Am I able to put that extra cash away towards my savings each week?
- ♥ Is it possible for me to carve out 10 minutes of each day for my morning meditation?
- ♥ Can I write a goals list each week to help me achieve everything I need to achieve?

- ♥ Can I make a conscious effort moving forward to look at situations through a positive lens?

Requests can be BIG or SMALL, but each request is still significant in making positive changes and helping you be supportive and mindful of yourself.

O.F.N.R - PUTTING IT INTO PLAY

To re-cap, O.F.N.R are the 4 components of NVC and once you're in the flow of using them enough it will become second nature.

O – OBSERVATION: What we are reacting to

- ♥ "When I hear/see..."

F – FEELINGS: What feelings those particular observations are evoking

- ♥ "...I feel..."

N – NEEDS: Our own personal needs and values that are creating those feelings

- ♥ "...because I care about..."

R – REQUESTS: The specific request to fulfil our need

- ♥ "...would you be up for..."

Before we run through some examples of how to put these components into play, remember these thought processes you can run through in your mind or you can choose to verbalise. Whichever works best to help you understand your OFNR better and hear yourself clearer.

This is how it may look communicating our OFNR thought processes through both a Jackal and Giraffe filter:

JACKAL THOUGHT PROCESS;

O; When I see other people chasing their dreams

F; I feel apprehensive and vulnerable

N; because I am jealous of and also crave independence and acceptance

R; I need to push myself anyway and stop being lazy.

If we have a deeper look, you can see here that I have used *uncomfortable feelings* as well as creating a demand in place of a request. The whole vibe of this self-talk is completely off and I'm sure you all cringed just listening to it – it may even sound familiar to how you have communicated with yourself over something in the past, but here's how it can be turned around – an example of how to approach feelings through using our positive giraffe language

GIRAFFE THOUGHT PROCESS;

O; When I see other people achieving their dreams

F; I feel enthusiastic and empowered

N; because I value learning and growth and I can appreciate the effort others put into their own purpose

R; Am I up for the challenge of making my own dreams a reality?

See the difference? See how we're using a positive filter and not only practicing projecting our positivity (even though we're not necessarily speaking it out loud to someone) but also practicing using positive language and outlook to be kind to ourselves and ask ourselves questions.

I can tell you now – if you communicated with yourself similarly to the second conversation rather than the first, the answer will more than likely be “Yes!” and you will feel much more genuine about your goals. Be your own cheer leader!

EMPATHY

The most important part of all – empathy.

Empathy towards others can sometimes make more sense than having empathy towards yourself, but it is something we need to keep in practice because you should be just as important (if not more) to yourself than what anyone else is to you.

When you truly empathise and understand yourself it will help to guide you to move forward in your self talk in a much more positive way. Listen to your mind, be honest with yourself and your feelings and also don't be afraid to set your own boundaries to help you embrace your needs. Everyone has needs and boundaries and they're all different, but you and your needs are JUST as important as anyone else's.

HOW TO PRACTICE SELF-EMPATHY IN NVC

- ♥ Reconnect with yourself emotionally – not with who you're trying to be or who you think people want you to be, but with your true authentic self.
- ♥ Listen to your mind and body unfiltered – if you can't be unfiltered to yourself then you aren't being true to yourself.
- ♥ Take time to focus your full attention on yourself, your feelings and your needs.
- ♥ Thank yourself, show yourself gratitude, praise you!

You are your most important and you will only get the best back from yourself when you listen to how you truly feel. Then life will feel a whole lot lighter, more positive and easier to guide. After all, emotional intelligence is sexy!

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