

# COMMUNICATION

## I LISTENING TO OURSELVES

### a) Observation

- i) Separate Observing from Evaluating
  - (1) Is this situation enriching or not enriching my life?
  - (2) Am I asking for Love or offering Love?
- ii) Avoid Judging & Criticizing
  - (1) You are too...
  - (2) If you don't \_\_\_\_\_, your \_\_\_\_\_ will \_\_\_\_\_
  - (3) You never/always ... or ever/whenever

### b) Feeling

- i) Make Contact with your feelings & reactions
  - (1) Express fears & vulnerability
- ii) Distinguish Feelings from thoughts
  - (1) I feel *that, like, as if* convey thoughts
  - (2) I feel *I am, it is, you have, my child*, etc. convey thoughts
  - (3) I feel *disappointed, frustrated, impatient*, etc. convey feelings
- iii) Look for Judgments & Identifications
  - (1) I am *smart/stupid* convey judgmental thoughts we identify as being who we are
  - (2) I am *good/bad* convey judgmental feelings we identify as being who we are
  - (3) I am *strong/weak* convey judgmental sensations we identify as being who we are

### c) Needs

- i) Options
  - (1) Take it personally & Blame ourselves
  - (2) Take it personally & Blame others
  - (3) Sense our own feelings & needs
  - (4) Sense others feelings & needs
- ii) Our current feeling of hurt derives from a need, i.e., for our efforts to be recognized, etc.
  - (1) Do we believe we are responsible for the needs of others? This is *Emotional Slavery!*
    - (a) Do we strive to keep everyone happy?
    - (b) Are we compelled to please others, or get their approval?
    - (c) Are we responsible for other's feelings?
    - (d) Is it our Duty and Obligation to put the needs of others before our own?
    - (e) Are we passionate about Unconditionally Contributing to the welfare of others?
  - (2) *Obnoxious Stage!*
    - (a) Have we had enough and no longer want to be responsible for others?
    - (b) Can we risk being Honest and deal with possible displeasure of others?
    - (c) Are we able to assert our needs comfortably?
  - (3) *Emotional Liberation* is when we are able to Respond Compassionately
    - (a) Our actions are Fulfilling *for us*
    - (b) Do we listen and respect the needs of others?
    - (c) Are we fully responsible *for* ourselves, and only *to* others?
    - (d) Are we Cooperating, rather than Competing?
      - (i) We will never be able to meet our own needs at the expense of others!
      - (ii) What others say & do may be the *stimulus*, but never the cause of our feelings!
- iii) Discern our Intent & Motivation
  - (1) Are we masking Accountability?
    - (a) Using *it* or *that* instead of *I*
    - (b) Mentioning only the actions of others

- (2) Are we Defending, Justifying, or Explaining?
  - (a) Using *should, need to, have to, deserves to, you had better*, etc.
  - (b) Following a nice statement with a *but...*
- (3) Are we expressing our need Indirectly, using evaluations, interpretations, or images?
- (4) Is there a fixed hope or Expectation?
- (5) What are we Needing vs. Wanting now?
- iv) Connect our Feelings to our Needs
  - (1) If we don't value our needs, others may not either
  - (2) Are we sensing the hidden feelings & needs in other's negative messages?
- d) Request**
  - i) Make our requests in Clear, Positive, Concrete, Action language
    - (1) Whenever we are saying *anything* to another person, we are requesting something in return.
    - (2) Reveal what we really want (or be quiet, don't say anything, & shut up)
    - (3) Requests sound like demands if there are no feelings or needs expressed, or felt
    - (4) Make sure we are requesting, rather than demanding
  - ii) Make sure the message is received
    - (1) Express appreciation when your listener tries to meet your request for a reflection
    - (2) Empathize if they don't reflect back accurately
  - iii) Remember our objective is *NOT* to change people and their behavior in order to get our way!

**RECEIVE OTHERS IN THE SAME WAY WE WISH TO BE RECEIVED**

**Always & at all times, seek for the source of the ego  
Who AM I?      Who wants to know?**