

Practice module 7 - listening skills

Practice exercise for the coming week:

1. Print the card and hang or put it somewhere where you will see it regularly. If you can't print right now, put a reminder in your calendar for a moment where you can access a printer.
2. Find a practice buddy. This could be your empathy buddy. If you don't have one, brainstorm now which 3 people might be willing to practice with you in real life. Write an invitation to them for a short practice session, in which you will listen to them trying to guess feelings and needs.

First explain to them that you would like to practice some listening skills, and that you will be guessing their feelings and needs. Let them share for about 3-5 minutes uninterrupted, and then guess some feelings and needs. If you like, let them continue for another 3-5 minutes and guess feelings and needs again. Feel free to keep your card, and to even search on the card together what could be their need. Make sure you have at least one practice session like this in the coming week. \

3. If you dare and like, you can guess feelings and needs also in other moments this week, without people necessarily being aware that you are 'doing NVC'. You can start doing it in your head first, if doing it out loud is too scary.

Go to the Online Community if you have questions or would like to share how things are going. I wish you a lot of practice fun!

