

Language that Connects

Do You Want To Be "Right" or Do You Want To Empathically Understand?

Observing Exterior Reality (as if recorded by a video camera - without evaluation)						
Event: (observed behavior) "When I saw or heard ..."						
↙ (it is not possible to both empathically connect & judge at the same time) ↘						
Empathic Connection First! Experiencing Interior Reality		Disconnecting State of Consciousness Misinterpreting Thoughts as Reality		Correcting, Educating & Parenting Second		
Natural Feelings	Need or Value (not a behavior)	Identifying Beliefs & Thoughts	Manufactured Feelings	Problem Solving Strategies		
(the actual underlying emotion being experienced)	(the actual cause of the natural feeling)	(the story the mind creates that is believed to be real)	(a way to avoid natural feelings by blaming self or others)	(making requests and forming mutual agreements)		
Happy Calm Encouraged Satisfied Optimistic Comfortable Curious Hopeful Appreciative Disappointed Pain Concerned Surprised Afraid Frustrated Hopeless Vulnerable Nauseous Uncomfortable Agitated Embarrassed Lonely Regret Reluctant	Excited Relaxed Confident Content Relieved Secure Amused Glad Thankful Sad Hurt Worried Nervous Scared Annoyed Tired Bored Repulsed Insecure Irritated Awkward Unhappy Remorse Hesitant	Understanding Connection Appreciation Contribution Autonomy Assurance Attention Protection Well-Being Cooperation Meaning Responsibility Esteem Enjoyment Consideration Support Acceptance Fairness To be Heard Expression Harmony Convenience Honesty Boundaries	Love Closeness To Matter Care Choice Trust Affection Safety Health Mutuality Purpose Respect Worth Play Kindness Help Inclusion Equality Empathy Creativity Peace Ease Truth Space	Blame Opinions Evaluations Judgments "Shoulds" Perceptions Suspicious Assumptions Conclusions Assessments: "You are ..." Rude Disrespectful Inappropriate Wrong Mean Stupid Annoying Irresponsible Disobedient Selfish Lazy Immature Controlling Manipulative	Angry Shame Guilty Depressed Jealous Contempt Hate Enraged Skeptical Preoccupied Despair Humiliated Self-Conscious Envious	Respecting Boundaries: Taking control of, and/or responsibility for, everything that belongs to or comes from me, (my choices, needs, feelings, opinions, preferences, beliefs, etc.), as well as acknowledging and allowing others to do the same, neither making others responsible for my feelings and needs nor making myself responsible for theirs. Being aware of and responding to others' feeling and needs leads to healthy and rewarding relationships!

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