

Compassionate Communication Practice Group

Practice Group Covenant

Northwestern Connecticut Group



The purpose of this practice group is to help one another to learn and practice the language of Non-Violent Communication in a space that is confidential, understanding and patient throughout the learning curve. We accept the practices and principles of Marshall Rosenberg's work that our work is based on. To that end, we will make an effort to use "giraffe" language in all of our group interactions and honor the speaker holding the giraffe as our talking object; we will use "giraffe" language to gently redirect any inadvertent "jackal." We will speak from our own experience during our sharing times, and welcome feedback that is free of comparison or advice.

("Giraffe" and "jackal" language definitions)

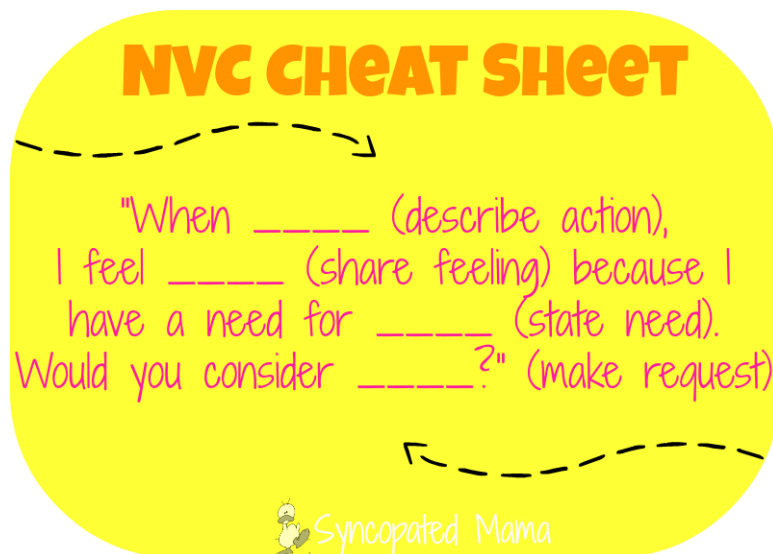
"Giraffe" - Language of requests that allow us to communicate with others in respectful, compassionate ways. Why giraffe? Giraffes have the largest heart of all land animals!

"Jackal" - A language of demands that provoke defensiveness, resistance and counter attack. Why jackal? They tend to be close to the ground, seeing only what is under their noses. Jackal symbolizes short-sighted, self-protecting, and limited communication.

Communication Protocol:

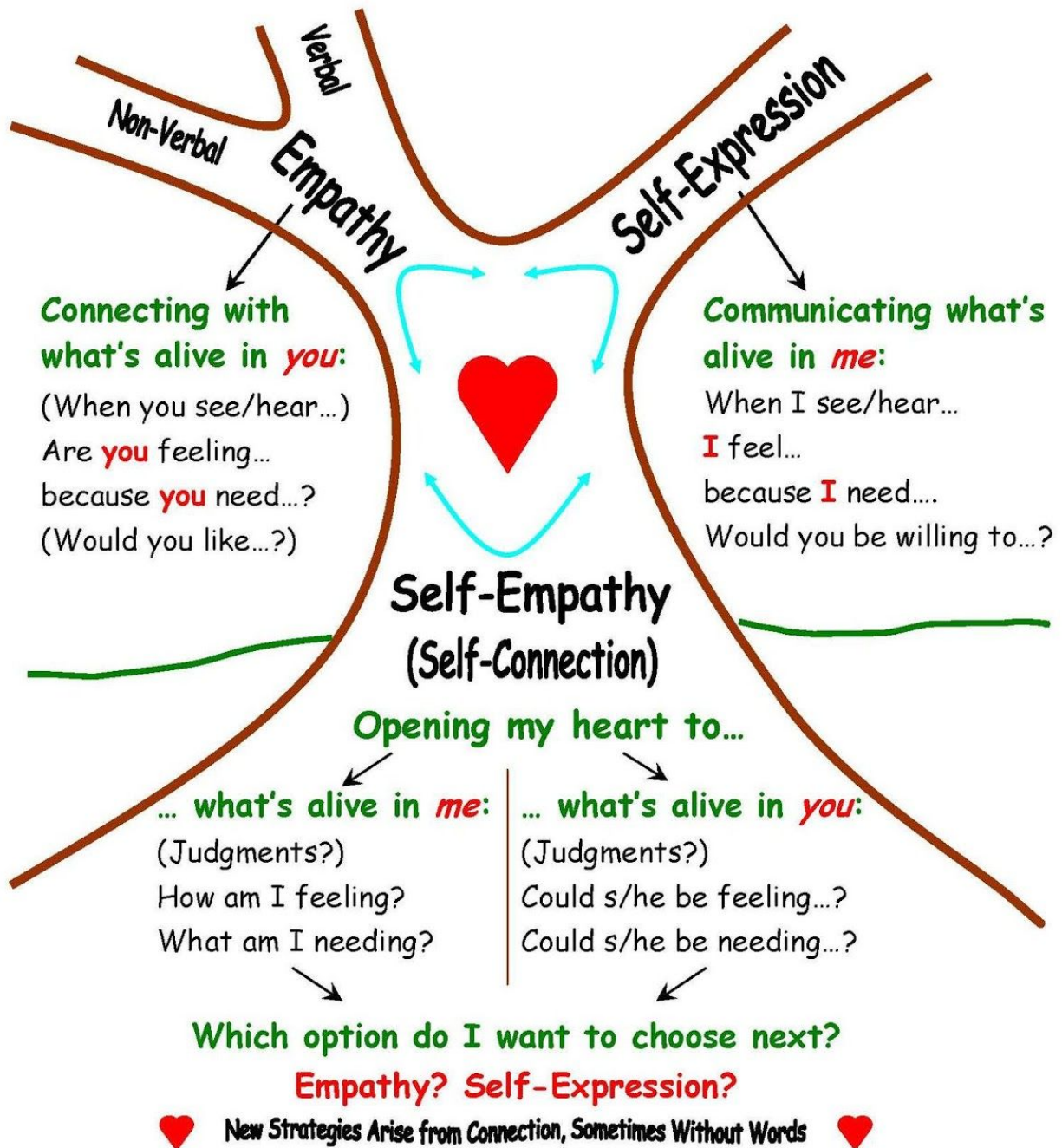
- ❖ Emelie the giraffe will get passed around the circle for our "check-in"
- ❖ the giraffe will be returned to the table and rest up to 30 seconds after each person speaks
- ❖ Feedback can be welcome when the sharing circle is complete and whole-group sharing is open

Communication Practice Template



The NVC Tree of Life

Three Focus Options for Connection



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