

PEARLS OF COMPASSIONATE COMMUNICATION

**ALL BEHAVIOR is an
ATTEMPT to meet
NEEDS**
Including the Need to Give

EMPATHY
before
EDUCATION

COMPASSION

≠
AGREEMENT

**DON'T "SHOULD"
ON YOURSELF
OR ANYONE ELSE**

**What's the NEED
behind the NO?**

NEEDS
don't conflict
STRATEGIES
conflict

TRANSPARENCY
=
VULNERABILITY
Be brave!

THERE IS
NO
WIN-LOSE

The GOAL is to
CONNECT!
- Not to "be nice!"
- Not to get your way!

LIVING
REACTIVELY-
CONSCIOUSLY

ONLY
WIN-WIN or
LOSE-LOSE

OBSERVATIONS
FEELINGS
NEEDS
REQUESTS

**CHOOSE
COMPASSION**

TAKING RESPONSIBILITY FOR YOUR REACTIVITY

(IN THE MOMENT OR LATER)

IS WHAT HELPS MOST