

Connections

From the Flagstaff Center
for Compassionate Communication

An Affiliate of the Center for Nonviolent Communication

Spring 2004

Hearing the Yes Behind the No

It is often easy for us to hear rejection into someone else's "no." If we take them personally, we may feel hurt and fail to take the time to understand what's going on with the other person. However, if we focus on the feelings and needs of the other person, we are more likely to uncover what s/he is wanting that prevents him/her from complying with our request.

For example, say you asked your partner to clean out the truck to prepare for your trip the following weekend. He says, "No, the game is about to start and I want to watch that."



You could hear this as a rejection, or you could hear the "yes" behind his "no" and say, "You've been looking forward to watching this game all week, haven't you?"

He: "Yeah, I have. And, I'd like to just do one thing – watch the game – without having other responsibilities. I really need to relax for a couple of hours."

She: "Boy, I can really understand the need to relax. I'd like you to have this time to yourself and I'm also worried about getting everything done before our trip. After the game, would you be willing to brainstorm with me how we might get the truck cleaned?"

He: "Sure, after the game we can work out a plan."

If we hear what the other person is saying "yes" to (in this case a relaxing afternoon watching the game), rather than what they are saying "no" to (cleaning the truck instead of watching the game), we are more likely to succeed in getting our needs met, and more successful in assisting the people we love get their needs met.

Upcoming Classes

- **Monthly Introductions to NVC**
5/3, 6/5, 7/12, 8/2, 9/13, 10/4, 11/1, 12/6... Donation only
- **NVC Basics Class**
Thursdays, 5/13-6/17
5:30-8:00 pm \$200
- **Self-Empathy Workshop**
Gain clarity about your own needs and watch your relationships improve! Tuesday, 5/18, 5:30-8:00pm \$49
- **Autonomy vs. Interdependence Workshop**
Learn how to find the balance between meeting your needs and others' needs. Tuesday, 6/15, 5:30-8:00pm \$49
- **Live NVC With Ease Retreat**
Join other Giraffes from the Southwest as we learn practical skills for integrating NVC into our lives. Friday-Sunday, 6/25-6/27 \$325-375
- **Women's Advanced Class**
Experience a dramatic shift in your ability to live the NVC process through personal coaching and support from other advanced Giraffes. Wednesdays, September-mid-December, 5:00-7:30pm Fee TBD

Live NVC with Ease Weekend Retreat

Do the mechanics of NVC sometimes bog you down? Would you like to stay in your heart more often? Join us for this retreat and create new ways for integrating NVC into your life. Friday-Sunday, June 25-27 amidst the beauty of the Sedona red rocks. Trainers: Mary Mackenzie, Sylvia Haskvitz, Kristi Doden, Jessica Sierra.....\$325-375

For information visit NVCAZ.org or call Mary at 928-526-4796.

Did you know:
In 2003, 250,000 people
received NVC training from
a worldwide network
of trainers!

**Looking
for New Ways
to Enhance
Your NVC Skills?**

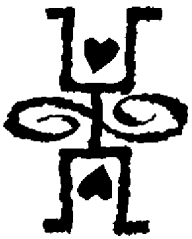
FCCC offers private coaching sessions and mediation services for individuals, couples, and families.

Sessions may be held in person or on the phone.

FCCC Highlights

- Our classes, coaching, mediations and organizational trainings are up 22% compared to this same time last year. Some specific increases are:
 - Private Coaching is up 26%
 - Extended Classes are up 44%
 - Organizational Trainings are up 71%
- Our projected budget for 2004 is 150% lower than 2003's budget.
- We have an active Board of Directors who are committed to expanding NVC in Arizona.

Flagstaff Center for Compassionate Communication is a non-profit educational organization that promotes Compassionate CommunicationSM.



Peace Workshop, International
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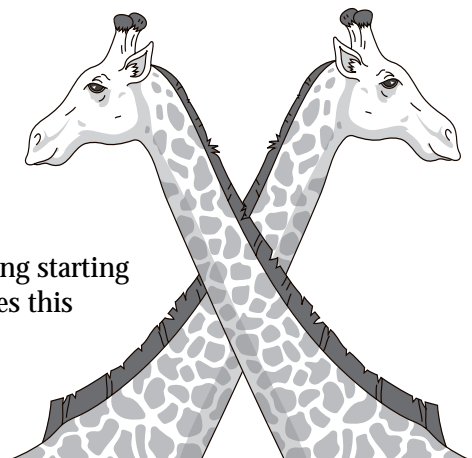
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Changing
the world
one heart
at a time.

Couples NVC Group

Would you like to learn the NVC principles with your partner? FCCC is considering starting a beginning NVC class for couples this spring. If you are interested and would like to know more, call Mary at 928-526-4796.



Want to "Be There" More for the Children in Your Lives?

Sura Hart, co-author of *The Compassionate Classroom*, will be offering two workshops in Phoenix on October 2 and 3, 2004: "Compassion in Our Classrooms" and "Parenting for Peace." Contact Christine Dove, 623-915-5508 or cdove@fastq.com.