



5 Steps of Conscious Communication

The powerful practice of conscious communication is based on the work of psychologist Marshall Rosenberg, the author of Nonviolent Communication. **When you've experienced an emotional upset, you can use this process to gain clarity about how you feel, identify what you need, and take responsibility to consciously communicate your needs to another person.** It also helps you understand other people's needs.

- ♥ **What happened?** Coming into present moment awareness, describe the situation that's triggered your emotional upset. Avoid evaluating and judging. Simply state the facts of what happened, as though you were an objective reporter.
- ♥ **What am I feeling?** Describe how you feel, choosing words that describe core emotions such as sad, angry, or lonely rather than words such as rejected, betrayed, or belittled. *(Please note the lists of words to help you with this process, including emotions that describe how we feel when our needs are met, words that describe how we feel when our needs aren't met, and words that promote feelings of victimization that are best avoided.)*
- ♥ **What do I need that I'm not receiving?** Identify what you need in this situation with as much clarity as you can. Consider the four fundamental human needs of attention, affection, acceptance, and appreciation.
- ♥ **What am I asking for?** Identify the specific behaviors or actions that'd fulfill your needs. Then surrender to the wisdom of uncertainty, allow yourself to be vulnerable, and ask for what you need. Observe the response of the other person from a state of calm witnessing awareness. Remember that a request isn't a demand, and you may not receive what you're asking for. However, using this process greatly increases the likelihood that you'll feel more comfort and less emotional distress.
- ♥ **What's the gift or opportunity in this situation?** Regardless of the outcome of the situation, it's important to look deeply at the experience and consider what you've learned and gained from engaging in the conscious communication process.



Conscious Communication Word Lists

Words that express how we feel when our needs are being met:

Appreciative	Fulfilled	Peaceful
Awesome	Glowing	Quiet
Blessed	Grateful	Radiant
Blissful	Hopeful	Relaxed
Bright	Inspired	Secure
Carefree	Invigorated	Thankful
Cheerful	Joyful	Upbeat
Contented	Keyed-up	Vivacious
Curious	Loving	Warm
Delighted	Mellow	Yummy
Enlivened	Nice	Zestful
Enthusiastic	Optimistic	
Excited		

Words that express how we feel when our needs are not being met:

Afraid	Gloomy	Panicky
Anxious	Guilty	Pessimistic
Ashamed	Hurt	Resentful
Blah	Irritable	Restless
Chagrined	Jealous	Suspicious
Confused	Jittery	Terrified
Detached	Lonely	Tired
Discouraged	Lost	Uneasy
Embarrassed	Miserable	Unhappy
Empty	Nauseated	Unsettled
Frightened	Nervous	Vexed
Frustrated	Overwhelmed	Withdraw

Words that express feelings of victimization and are best avoided:

Abandoned	Interrupted	Rejected
Attacked	Intimidated	Taken for granted
Belittled	Let down	Threatened
Betrayed	Manipulated	Unappreciated
Boxed-in	Neglected	Unheard
Bullied	Overworked	Unseen
Cheated	Patronized	Unsupported
Coerced	Pressured	Unwanted
Criticized	Provoked	Used
Diminished	Put down	Wronged
Distrusted		