

AVOID DIVORCE: heal anger and frustration at home with NVC

Marshall Rosenberg was a walking demonstration of Empathy and meeting him the first time, I realized that I could become that, too. I reasoned that if I became a master of Empathy myself, that I could calm all the angry people I knew. I understood that if I had learned NVC sooner, I would have been prepared and possibly spared from the life-threatening divorce I had endured because my husband's doctor made a crucial error in medications. As I listened to Marshall, I saw that it had been the skills that I had possessed at the time that had saved my life and I discovered exactly what I had done that worked and what I could have done so much better if I had mastered NVC

When my husband was given steroids and become violent, I was one of the few in that kind of situation who instinctively knew to be silent; to listen intently with a neutral expression and to hear his pain. I knew not to argue; not to defend; and to avoid sudden movements. I was lucky and blessed to have this huge motivator to master NVC and I learned it when I discovered it and this is why each of my clients has been motivated to learn NVC. The biggest gift that NVC has given me so far is only possible when you master both Empathy and Self-empathy!

No one could have imagined that couples would be stuck at home with their partners for months on end. Now that "house arrest" is normal, how are couples coping? Sadly, without Self-empathy and Empathy there are arguments, threats, addictions, violence, infidelity and divorce. The fabric of life in every country is affected yet with NVC's Self-empathy and Empathy you can always avoid relationship disasters and divorce if your relationship was based on mutual love, which to Marshall meant that each of you had key needs that were met by one another. When enough of your key needs are met he explained to me that you call that "love".

I offer Self-Empathy and Empathy as Part 1 and Part II of my own 6 Part Conversation© because that is the only place to begin to create the deepest level of intimacy, joy, passion, and peace, isn't it?

I discovered in each NVC workshop and in the IIT that I attended that there were few who had mastered Self-empathy and if this is new to you, this is how I offer it to clients worldwide so that in 30 minutes they master the tool and can practice n their own:

1. OBSERVABLE:

Observe and write down in 1 sentence the situation that is triggering your negative emotions

2. Create a chart with Feelings, Needs and a 3rd column for Breathe which requires yogic breathing from your belly. For a demonstration of this skill please visit my youtube channel for a 3 minute training: https://www.youtube.com/watch?v=Y_M0PFI2X80

Feelings	Needs	Breathe
I FEEL angry because my NEED for cooperation isn't met		BREATHE
Frustrated	understanding	BREATHE
Aggravated	kindness	BREATHE
Outraged	consideration	BREATHE
Furious	partnership	BREATHE

3. Once you have created about 10-20 “rounds of Self-empathy” as I term them you are ready to practice Self-empathy, saying this either out loud if you are alone or silently.
4. The more you practice this exercise, the faster you will enter peace each and every time you feel triggered.
5. THE HARDEST PART IS NOT MASTERING THE TOOLS IT'S REMEMBERING OT USE THEM ONCE YOU FEEL TRIGGERED.

Here are some miraculous examples of clients using Self-empathy so that their marriages and relationships were transformed.

1. A woman who loved her husband had made some critical errors in communication and he had hooked up with his secretary. This is a common enough story, but I taught her to transform the relationship because she wanted it to be saved. Every time she became angry, she did Self-empathy and regained inner peace as she focused on additional skills to recreate intimacy. Every time she felt scared, she practiced Self-empathy so that she avoided disconnecting from her husband. In less than 2 months they were back together, and the secretary had been given a generous severance package.

2. A man was heartbroken because his wife had lost all interest in him and in their two children. She had moved on and moved out, living with her boss. She didn't even want to share custody anymore; she felt so hopeless that any of her key needs could be met because the husband hadn't understood them. By learning to understand her needs and by making a few adjustments in his own behaviors she returned home before he had his 12th coaching session with me.
3. The most dramatic examples are the ones in which I teach one committed family member; a parent or spouse or adult child how to support their loved one to transform dangerous addictions. The first steps are learning Self-empathy and Empathy so that the committed family member can give up lecturing and hectoring! People who have been in and out of rehab; people who have refused for decades to consider rehab- all of them became sober and stayed clean and sober once I taught Self-empathy and Empathy to their committed family member who was my client; it works as long as they learn and use the tools every single time!

If you want to master this yourself, I offer a complimentary 1 hour session so that you can learn to use these 2 NVC skills that Marshall created and once you are an expert yourself, you will have an entirely different life. When enough of us use these skills every day, we will have a different world, the world that Marshall envisioned!