

SSE Group 4

How to effectively communicate with parents and friends, Part 2

Value(s): Non-Violent Communication

Sub-Value(s): Peace, Love

Objective: Identify attitudes/ behaviors that blocks and progress Communication.

Title: How to effectively communicate with Parents and friends, Part 2

Questions:

1. What are the attitudes during communication that you have found block progress?
 - Domination: should have, ought to have, ordering, threatening.
 - Manipulation: buttering up, withholding information.
 - Denial: false reassurance or refusing to address the issues.
 - Disempowering: ascribing motives, ignoring etc.
2. What are the attitudes that you have found progress your communication?
 - Asking Open ended questions.
 - Reflective listening.
 - Validation.
 - Empathy.
3. Communication Blocks are Empathy Blocks!!! One person has failed to put himself in the situation of the other and understand the feelings of the other.
4. We categorize people as 'understanding' and 'not understanding'. What are the characteristics that make us categorize people as 'understanding'?

The 'understanding' people are those who empathize with us, ask open questions and validate our feelings and experience. We may love people, but unless we can relate with their emotions through these techniques, we will not have conveyed our deep love.
5. Role Play

Close questions only have 'yes' and 'no' answers.
Open questions promote discussion, expression of feelings, relating experiences, sharing ideas.
These questions start with 'What', 'How', 'Why', 'Could'.
6. *"Peace should not be regarded as a part time virtue to be cultivated during meditation. It is a constant state of inner tranquility. It should become habitual and instinctive."* -Baba