

# Compassionate Communication Resources Sheet

## Connection ♥ Healing ♥ Learning

Compassionate Communication (also called Nonviolent Communication, or NVC) is a simple and profound shift in thinking and speaking habits. Its purpose is to nurture a quality of connection in which all needs get met. By connecting on the level of our universal needs, we awaken our natural compassion and support making life wonderful for each other through joyful giving. NVC helps us to shift away from our deeply ingrained habits of blame, criticism and judgment, to tune into our feelings as clues to what we are needing in the moment, and to make clear requests in a way that will inspire others to want to give to us.

Stuck in a painful or uncomfortable situation and not sure how to reconnect without either getting the other person to cave in or giving up on your own needs? Would you like help learning skills to heal your relationships with yourself and others? As well as teaching classes, we offer affordable private mediation and coaching sessions to support growth and healing. Contact us for details.

In general, the Seattle area hosts a variety of trainers offering opportunities in all experience levels to learn and practice Compassionate Communication including evening workshops, multi-day intensives and practice groups.

### **Workshops**

Puget Sound Network for Compassionate Communication (PSNCC) hosts an ongoing schedule of trainings by local NVC trainers. Visit [www.psncc.org](http://www.psncc.org) for complete schedule of trainings and general information on the Pacific Northwest area NVC organization.

### **Internet Resources**

[www.cnvc.org](http://www.cnvc.org) Center of Nonviolent Communication

[www.psncc.org](http://www.psncc.org) The Puget Sound Network for Compassionate Communication (pronounced “peace-nik”)

[www.thepartnershipway.org](http://www.thepartnershipway.org) The Center for Partnership Studies

[www.nonviolentcommunication.com](http://www.nonviolentcommunication.com) Puddle Dancer Press, NVC publisher’s site

[www.thirdside.org](http://www.thirdside.org) The Third Side site, resources for conflict resolution in everyday life

[www.ishmael.org](http://www.ishmael.org) The Ishmael community's site, inspired by author Daniel Quinn's works

### **Suggested Reading**

*Nonviolent Communication; A Language of Life*; Dr. Marshall B. Rosenberg, Ph.D.

*Speak Peace in a World of Conflict*; Dr. Marshall B. Rosenberg, Ph.D.

*Nonviolent Communication Companion Workbook*; Lucy Leu

*Engaging The Powers: Discernment and Resistance in a World of Domination*; Walter Wink

*The Powers That Be: Theology for a New Millennium*; Walter Wink

*The Third Side: Why We Fight and How We Can Stop*; William Ury

*The Alphabet versus the Goddess*; Dr. Leonard Schlain

*Don't Be Nice Be Real*; Kelly Bryson

*The Chalice and the Blade*; Riane Eisler

*Ishmael*; Daniel Quinn

*My Ishmael*; Daniel Quinn

*The Story of B*; Daniel Quinn

*Beyond Civilization*; Daniel Quinn



### **Online**

See <http://www.alternativesmagazine.com/29/rosenberg> for an interesting and informative interview with Marshall on the Alternatives Magazine site. In this article, Marshall discusses NVC concepts as well as his thoughts on the world situation at that time (Spring 2004).

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“When we understand the needs that motivate our own and other's behavior, we have no enemies.”

~Marshall Rosenberg, Ph.D.