



W O R K B O O K

SELF REFLECTION

WITH LOVE

for a harmonious
togetherness



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In this workbook you go through a process of awareness & realization.

You analyze a situation in your life using this non-violent communication guidelines to identify and understand yourself better.

This exercise helps you to derive your feelings, needs and, if necessary, a request from a specific trigger.



"BEYOND RIGHT AND WRONG THERE IS A PLACE -
THAT'S WHERE WE MEET."
RUMI

AWARENESS PROCESS

WHERE DO YOU WISH FOR MORE CLARITY IN YOUR LIFE? IS THERE A SITUATION WHERE YOU GOT ANGRY? WAS SOMETHING BOTHERING YOU AND YOU WOULD LIKE TO BETTER UNDERSTAND WHY? IS THERE SOMETHING YOU CRITICIZE ABOUT THE OTHER?

CHALLENGES:

WHAT BEHAVIOR DO I OBSERVE? (NON-JUDGMENTAL, SPECIFIC, FACTUAL)

WHAT ARE YOUR REAL FEELINGS IN THIS SITUATION? I FEEL

WHAT NEED DID YOU ACTUALLY HAVE? THE NEED FOR...

WHAT REQUEST DO YOU HAVE? (TO OPPOSITE OR MYSELF)
WHAT ELSE WOULD YOU LIKE TO SHARE?

