

Celebrations, Mournings, Appreciations & Reassurances

Now that I have privately coached over 250 couples and families, I have learned that there can be much greater harmony when we learn how to acknowledge and manage our "Universal Human Needs". We can also call these words: "Values", "Longings", "Motivations" or "Inspirations". The genius of Dr. Marshall Rosenberg included the understanding that nearly every thing that we do (when we are awake) is an attempt to get one or more of these "Universal Human Needs" met in a certain way.

It is important for us to acknowledge what we are longing for and to manage our unmet needs. It is equally important to understand what motivates others that we are relating to. Every day we have needs that are met and it is important to celebrate that (through gratitude). It is also true that every day we have unmet needs, and it is important to acknowledge the feelings that may come up (sadness, disappointment, anger).

The families that are taking time to do this practice are reporting much greater understanding of each other and experience deeper emotional intimacy. You can include children in the practice as well! Take turns sharing what is "Alive in your Heart." Here are some tips:

CELEBRATIONS OF OUR MET NEEDS

Celebrations of our met needs, values, longings and desires, is always a good way to start. Share what needs of yours have been met in any aspect of your life. If you are listening to someone who is celebrating, acknowledge their feelings and connect to those feelings with your heart!

MOURNING OF UNMET NEEDS

Mourning of our unmet needs, longings, values and desires is our opportunity to acknowledge pain, disappointment, anger, frustration, etc. Often when someone that we are in relationship with is experiencing uncomfortable feelings, WE FEEL UNCOMFORTABLE. There can be a tendency to want to "fix" the other person. In this practice, we are present to any discomfort and acknowledge their experience. This is the practice of EMPATHY and UNDERSTANDING. It is a way of saying, "I feel you."

APPRECIATIONS

Sharing appreciations with each other is always FUN! Express your appreciation to others by recalling specific actions that they took and identify which of YOUR NEEDS were met by their actions. This helps us to understand what is important to others, and to find ways to contribute to the well being of others.

REASSURANCES

Giving reassurance to your partner is possibly the most important and challenging part of this practice. In this part, we are acknowledging that we have needs that have NOT been met by someone we are in relationship with. We are not blaming, shaming or criticizing. We are pointing to a source of discomfort without judgment. We then provide AUTHENTIC REASSURANCE. This may come in the form of understanding why the other was not able to meet our need. It may also include reassurance that we have no less love or care despite our disappointment. This part of the practice should go slowly, carefully and in deep connection to our heart.

To start this practice, it is suggested that you work with your local LOVE COACH.
In doing it a few times so that you can learn the nuances.