

Additional Resources

Articles:

- [The Center for Nonviolent Communication](#)
- Medium, [The Difference Between Good and Bad Listeners](#)
- Mayo Clinic, [Being Assertive: Reduce stress, communicate better](#)
- The Gottman Institute: [How to Strengthen Your Relationship with State of the Union Meetings](#)
- National Autistic Society, [Communication Tips](#)

Continued Learning:

- Positive Psychology, [3 Communication Exercises](#)
- DailyOm: [Speak with Purpose, Not Impulse](#)

Videos:

- Mindful Meditation-Mindful Communication
https://www.youtube.com/watch?v=6hHSa1Dq4_k (2:56min)
- Non-Violent Communication by Marshall Rosenberg, Animated Book Summary <https://www.youtube.com/watch?v=8sjA90hvnQQ>
- Insight Timer: [Improve Communication and Relationships Dynamics](#)
- Ted Talk: [Nonviolent Communication and Self Awareness](#)
- The American Chronic Pain Association (ACPA) Coping Within the Family
<https://www.facebook.com/TheAmericanChronicPainAssociation/videos/1862901470401312/>
- Local Resources: <https://www.211.org/> or dial 211. Calls are confidential and available 24 hours a day.

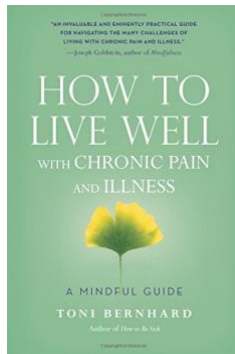
Crisis and Safety Resources:

National Domestic Violence Hotline
Reach out for support if you do not feel safe at home.
Website: TheHotline.org
Phone #: 1-800-799-7233
Text: "START" to 88788

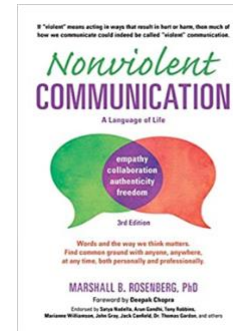
State Elder Abuse Hotlines
<https://www.cdss.ca.gov/adult-protective-services>

Find a therapist: <https://www.psychologytoday.com/us/therapists>

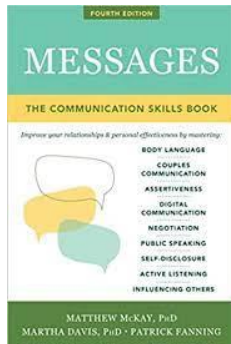
Book Recommendations



How to live well with Chronic Pain and Illness: A mindful Guide
by Toni Bernhard



Non-Violent Communication
by Marshall B. Rosenberg, Ph.D.

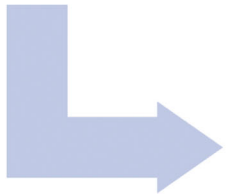


Messages: The Communication Skills Book
by Matthew McKay, Ph.D.

Simple Communication Formula

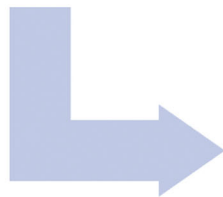
I

- Make an "I" statement



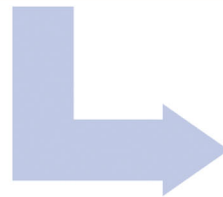
Feel...

- Describe how you feel



About...

- Describe the situation, be neutral, do not blame



I need...

- Explain what you need so that things can be improved

Compassionate Communication Needs Inventory:

CONNECTION

acceptance safety
affection security
appreciation stability
belonging support
cooperation to know and be
communication known
closeness to see and be seen
community to understand and
companionship be understood
compassion trust
consideration warmth
consistency intimacy
empathy love
inclusion mutuality
respect/self-
respect nurturing

PHYSICAL WELL-BEING

air
food
movement/
exercise
rest/sleep
sexual
expression
safety
shelter
touch
water

AUTONOMY

choice
freedom
independence
space
spontaneity

HONESTY

authenticity
integrity
presence

PLAY

Joy
humor

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

MEANING

awareness
celebration of life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
mourning
participation
purpose
self-expression
stimulation
to matter
understanding

3 Step method of Effective Family Communication



Give the person an idea of your pain level by using the system that you developed.



Tell them specifically what you are going to do about the pain.



Tell them what you need from them.

Develop your plan

Using the 3-Step Method

RATING	Your Plan	What They Can Expect