

Wellness Class Resources: Healthy Communication 2024



Living with pain can affect all areas of your life. No one can do it alone.

Audios/Videos Played in Class:

- Nonviolent Communication by Marshal Rosenberg: Animated Book Summary: https://www.youtube.com/watch?v=8sjA90hvnQ0&ab_channel=BigIdeasGrowingMinds
- Mindful Meditation — Mindful Communication: https://www.youtube.com/watch?v=6hHSa1Dq4_k

Recommended Reading:

- That Loving Feeling by Rick Longinotti; download free pdf: <https://ricklonginotti.com/receive-free-pdf-of-that-loving-feeling/>
- Speak Peace in a World of Conflict by Marshall B. Rosenberg PhD
- How to live well with Chronic Pain and Illness: A Mindful Guide by Toni Bernhard
- Messages: The Communication Skills Book by Matthew McKay, Ph.D.
- Non-Violent Communication by Marshall B. Rosenberg, Ph.D.

Referenced In Class:

- Video- The American Chronic Pain Association (ACPA) Coping Within the Family <https://www.facebook.com/TheAmericanChronicPainAssociation/videos/1862901470401312/>
- Article- Mayo Clinic, Being Assertive- Reduce stress, communicate better: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/assertive/art-20044644>
- Website- The Center for Nonviolent Communication: <https://www.cnvc.org/>
- Quiz- Listening Skills Test by Psychology Today: <https://www.psychologytoday.com/us/tests/relationships/listening-skills-test>

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- Article- The Gottman Institute: How to Strengthen Your Relationship with State of the Union Meetings: <https://www.gottman.com/blog/state-of-the-union-meeting-will-strengthen-your-relationship-heres-how-to-start-yours/>

You Might Also Like:

- PDF- 3 Communication Exercises from PositivePsychology.com: <https://positive.b-cdn.net/wp-content/uploads/2021/12/3-Communication-Exercises.pdf>
- Lesson- Speak with Purpose, Not Impulse from DailyOm: <https://www.dailyom.com/courses/speak-with-purpose-not-impulse/lse> (dailyom.com)
- Meditation- Improve Communication and Relationships Dynamics from Insight Timer: <https://insighttimer.com/dexterandalessandrina/guided-meditations/guided-meditation-to-improve-communication-and-relationship-dynamics>
- Article- The Difference Between Good and Bad Listeners from Medium: <https://medium.com/@aculuminary/the-difference-between-good-and-bad-listeners-832de235a356>
- Article- National Autistic Society, Communication Tips: <https://www.autism.org.uk/advice-and-guidance/topics/communication/tips>

Mental Health Resources:

- National Domestic Violence Hotline-Reach out for support if you do not feel safe at home. Website: thehotline.org or call 1-800-799-7233 or text: "START" to 88788
- State Elder Abuse Hotlines: <https://www.cdss.ca.gov/Portals/9/APS/aps-county-contact-list.pdf>
- Find a therapist: <https://www.psychologytoday.com/us/therapists>

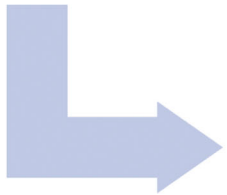
If you are experiencing a suicidal crisis or mental health-related distress, please contact 988 via phone or text. This is free, confidential, and available 24 hours a day. You may also find information on their website www.988lifeline.org.

If you are experiencing food or housing insecurity, and need access to mental health and other social services call 211. This free service will connect you with local organizations offering services. You may also find information on their website 211.org

Simple Communication Formula

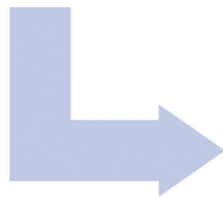
I

- Make an "I" statement



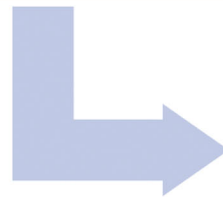
Feel...

- 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

Self-empathy Worksheet

From Anger (or Fear, Shame, Sadness) to Awareness of Needs

1. **Observation:** What did the person say or do that triggered my reaction?

Describe it without judgment, the way a video camera would capture it.

2. **Judgment Out:** What are my judgments about the person?

3. **Judgement In:** What are my judgments about myself?

4. **Feelings:** What are all the feelings that I can detect?

5. **Empathy- In:** What did I want in the situation? What did I need? Or what were my intentions?

6. **Empathy- Out:** What might the other person need?

7. **Request:** What specific, doable request can I make of myself or the other person?

Truths to Remember

“My intentions were good. If the consequences were bad, then I may have needed a different strategy”.

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“Making mistakes means I’m human, not worthless”.

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“I learned a poor strategy. I can learn a better one”.

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“I can’t control the reactions of others, but I may be able to influence them”.