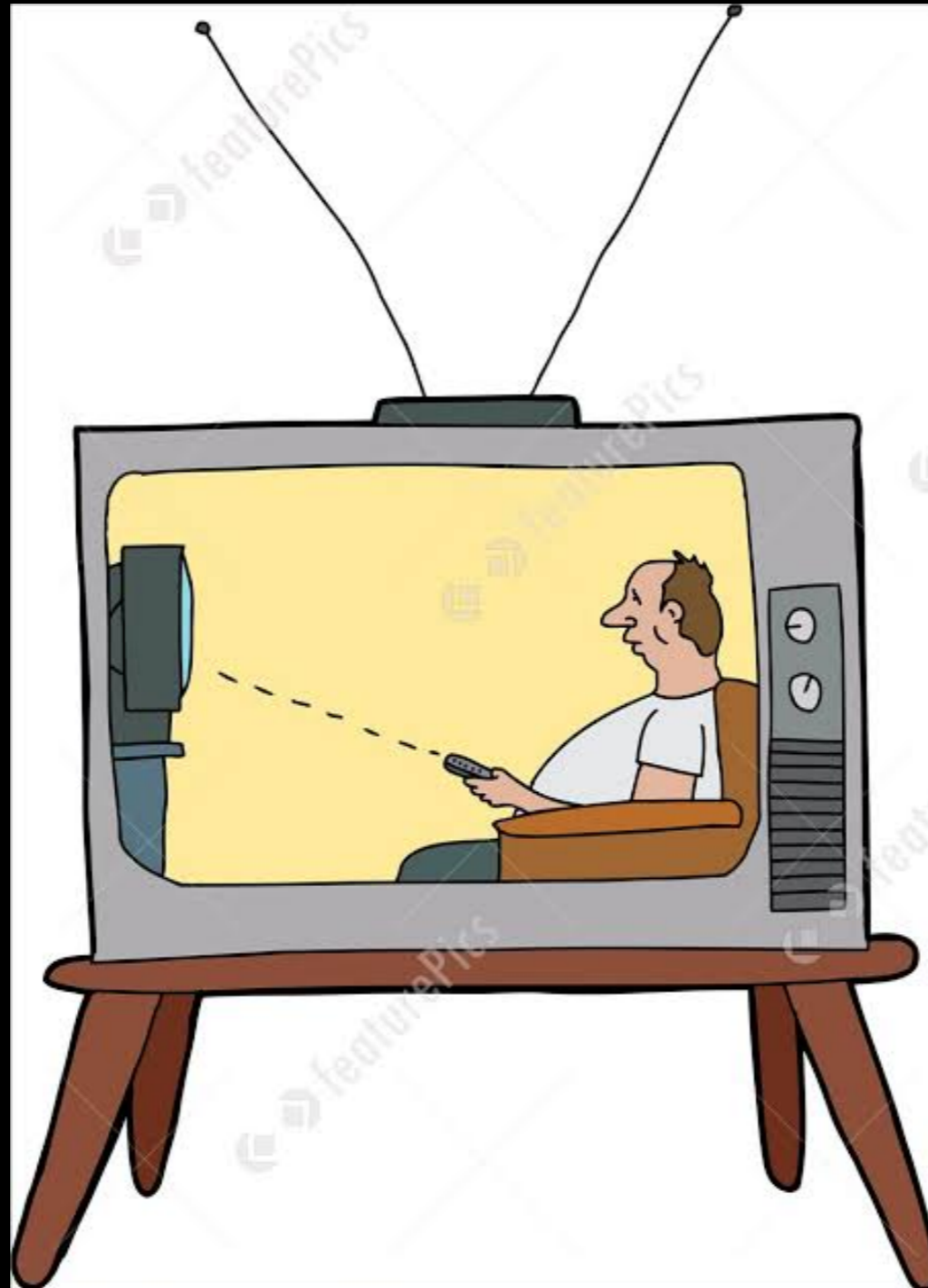


Discernment in Common

LISTENING *FOR* INTERIOR MOVEMENTS



**If the television can see you,
what is it going to show the world about you?**



**In discernment,
we gather data
not only about the
world around us
(exterior landscape)
but also the world
inside us
(interior landscape).**



**In discernment,
we listen to
what is said**

**and we *listen for*
what remains to be said.**

**What are the
INTERIOR MOVEMENTS?**

Activity

Worksheet on Effective Conversation

Learnings

Distinguish between description of a behavior and evaluation of a behavior

- “You seem to be avoiding me because when I greeted you this morning, you looked away.”
- “...when I greeted you this morning, I did not hear you greeting me back.”

Learnings

Distinguish between feelings and thoughts

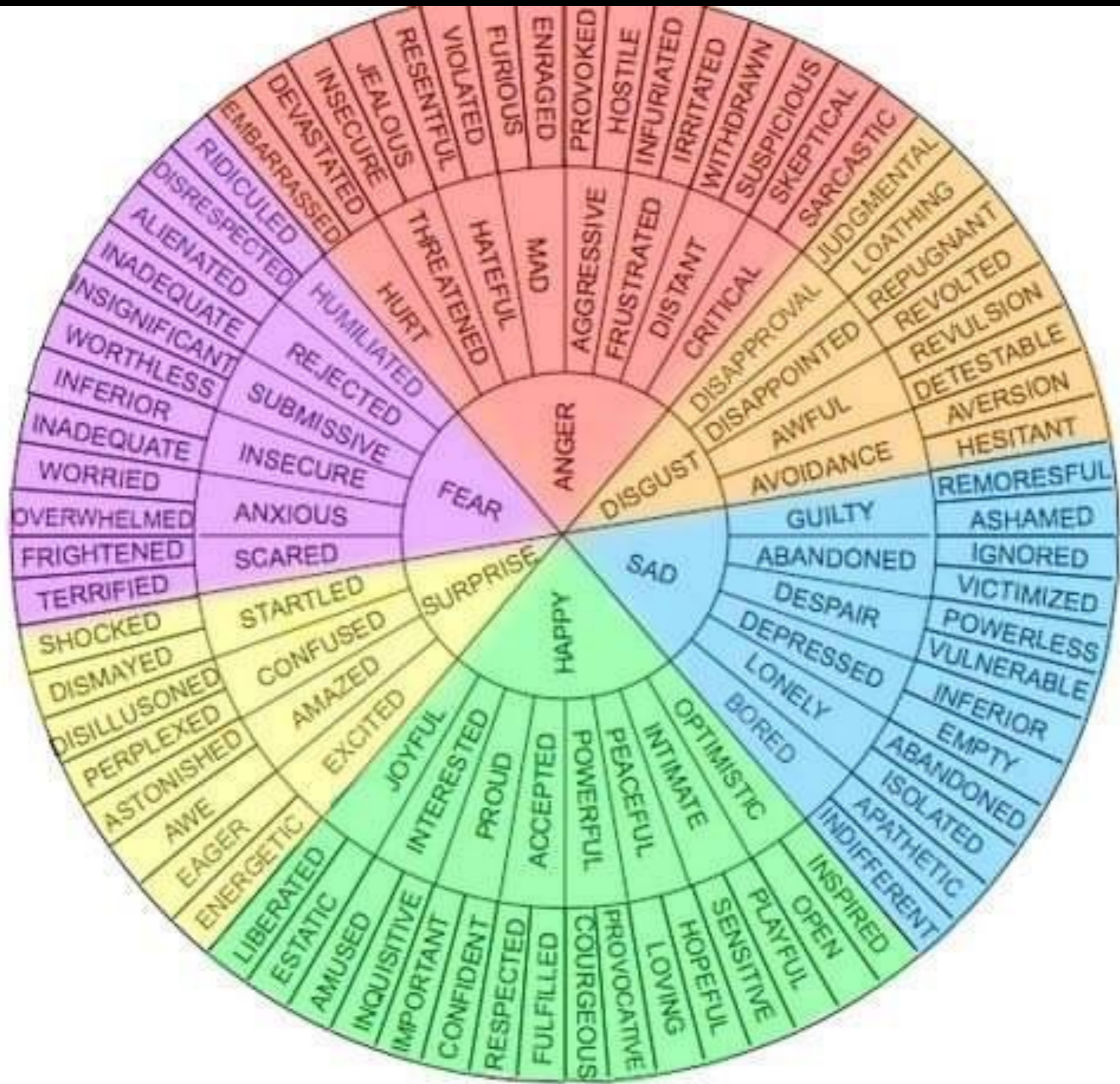
- Starting the sentence with “I feel...” does not always carry actual feelings but expressions of ideas or descriptions of what we think we are or what others are doing around us.
- See Marshall Rosenberg, Non- Violent Communication, available on youtube.
- It helps to know our basic or primary emotions (glad, mad, sad, scared, ashamed, curious, disgust)

Every possible emotional overlap in Inside Out

Joy and Sadness make melancholy. But what do the other emotions add up to?



 Ecstasy	 Melancholy	 Intrigue	 Surprise	 Righteousness
 Melancholy	 Despair	 Self-loathing	 Anxiety	 Betrayal
 Intrigue	 Self-loathing	 Prejudice	 Revulsion	 Loathing
 Surprise	 Anxiety	 Revulsion	 Terror	 Hatred
 Righteousness	 Betrayal	 Loathing	 Hatred	 Rage



Learnings

Distinguish between needs and values

- Both move us to action.
- Needs are filled, values are fulfilled.
- Needs are chosen for us by our physical reality, values are chosen by us.
- When I am not meeting my needs, I will have difficulty functioning well. When I am not honoring my values, I will be able to function well but I will not feel well in my life.

Learnings

Credits to R. Dlugos, OSA

Recognize how our feelings reveal to us our needs and values

- GLAD — Needs/Values are satisfied/fulfilled.
- MAD — Needs/Values are not satisfied/fulfilled.
- SAD — Needs/Values are no longer satisfied/fulfilled.
- SCARED — Needs/Values might no longer be satisfied/fulfilled.
- CURIOUS — Needs/Values might be satisfied/fulfilled.
- ASHAMED — I shouldn't have this need/value.
- DISGUST — I don't need/value this!

Activity

See Worksheet on

**Awareness Exercise on the Conversation
(Content)**