

# Logbook for KK Winter Online Series: Monday, February 13, 2023

## *The Art of Listening*

### A New Framework: Universal Human Values

Here are responses from the group to the inquiry question, *What are the key ingredients for living a meaningful life?*

laughing	Knowing yourself	health	Well- being
connection	Sense of wonder	Inquiry	belonging
loving	purpose	Sharing yourself	non-judgment
Inner peace	accountability	knowledge	Willingness to change / grow

### Inquiry

*What can we call these?* Roots, foundations, aspiration, needs, desires, words, qualities of life, essence, parameters for positive living.

*To whom are they important?* Everyone!

*Is there anyone on the planet who would not value these?* I hope not!

*Story 1 sharing (joyful / positive experience - basic story and feelings):* Driving home, seeing a sunset. Imagined a lot of people driving home experiencing sunset - same effect without conscious awareness - hopeful of impact on large number of people. Shared experience of something simple / natural might be powerful. Feeling hopeful. Needs: Connection, sharing, love, longing, **hope**. Hope most alive, valuing precious earth.

*Story 2 sharing (painful / negative experience - basic story and feelings):* Went to movies with a friend, friend asked Pip to order a ticket. When ticket was available, friend made another choice. Needs: Connection, accountability, **trusting that you matter**, belonging, loving, being valued.

*Story 3 sharing (conflict / other person's actions stimulate pain):* Walking by a school with sign on ground outside asking for people to help kids cross street etc. Maria put sign back up, man objected about content of the sign. Annoying. Trying to avoid conflict. Needs of Maria: Approval, peace, understanding, ease, safety, practicality. Needs of the man: Aesthetics, order.

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### Three Assumptions of Nonviolent Communication (NVC):

1. *All human beings share these same longings, same universal human needs.*
2. *Human emotions depend on our perception of how well these needs are satisfied.*
3. *Every human action is a strategy intended to satisfy one or more of these needs.*

### Universal Human Needs / Values / Qualities of Life

acceptance	consideration	interdependence	self-expression
adventure	consistency	intimacy	self-worth
affection	continuity	joy	sensitivity
aliveness	contribution	learning	shelter
appreciation	cooperation	love	solidarity
authenticity	creativity	mourning	space
awareness	dignity	movement / exercise	spiritual communion
balance	discovery	mutuality	spontaneity
beauty	ease	mystery	stability
belonging	effectiveness	nurturing	stimulation
caring	emotional safety	order	support
celebration	empathy	participation	thriving
challenge	equality	partnership	to be known
choice	equanimity	presence	touch
clarity	familiarity	privacy	tranquility
closeness	fellowship	protection	transparency
comfort	freedom	purpose	trust
communication	fun	reciprocity	understanding
community	growth	relaxation	warmth
companionship	harmony	respect	wholeness
compassion	inclusion	rest / sleep	wonder
competence	independence	safety	
confidence	inspiration	safety	
congruence	integrity	security	