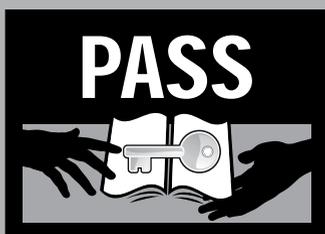


Nonviolent Communication

SAMPLE



ISBN: 0000000000 Publisher: PASS Publishing Company

Copyright 2011 Prisoner Assistance Scholastic Service

Name: _____

ID #: _____

DATE BEGAN: _____ DATE COMPLETED: _____

**“Out beyond ideas of wrong and right there is a field,
I’ll meet you there.”**

-Rumi (Sufi Poet)

**“Learning how to communicate isn’t just about being
‘nicer.’ It’s about getting what you want without doing
harm.”**

-PASS

**In this workbook, we will focus on actions helpful and
transforming for you via non-violent communication.**

SAMPLE



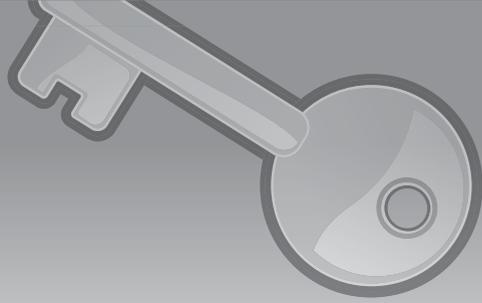
TABLE OF CONTENTS

You will find a blank section after each Chapter. You may use it to record additional thoughts, feelings or content of any type useful to you.

Table of Contents

CHAPTER 1:	FOCUS - OBJECTIVES & YOUR PARTICIPATION	7
CHAPTER 2:	THE POWER OF PEACE	13
CHAPTER 3:	MORE THAN BREAD	
	MORE THAN WATER	
	MORE THAN BREATH ITSELF	21
CHAPTER 4:	USING OUR ANGER	35
CHAPTER 5:	TOOLS OF NONVIOLENT COMMUNICATION	45

SAMPLE



**CHAPTER 1: FOCUS - OBJECTIVES
& YOUR PARTICIPATION**

SAMPLE



SAMPLE



CHAPTER 1: FOCUS - OBJECTIVES & YOUR PARTICIPATION

In this workbook our focus concentrates upon nonviolent communication. Maintaining peace with others is frequently difficult. Peace with others requires peace within our own selves. There is an old saying, "If you truly love yourself, you will never harm another." Peace within ourselves flows from a commitment to behave peacefully – toward others AND toward ourselves.

We will review some of your past actions and PASS asks you to recall feelings and events surrounding those specific encounters. You will be asked to think carefully and deeply. Please give yourself time to truly reflect, as this is an opportunity to fully experience a completely different relationship with yourself and with the world.

There are no right answers.

There are no wrong answers.

There are only your answers.

Your life and feelings belong only to you, and thus, your answers belong only to you. You are not being judged for who you were or who you are but, if you choose to – you are asked to open yourself to change. This will be your own time to explore yourself – both your past and the possibilities of your future.

You may ask others for their feedback or thoughts . . . or maybe not. You choose. You will be presented with new concepts, tools and ideas that may be helpful in being kinder to yourself and all that is in your world. You may find that this information seems almost too simple. Most great notions usually are NOT complex.

This workbook will allow you to better engage in the single most important form of connection with self and others – communication. Human communication – the ability to express ourselves and interpret and understand others – is a defining quality of being human. No other animal has the capacity for communication like humans. And yet no other animal abuses and misuses communication like humans. The best proof of this is that humans are the only animal that kills



each other over verbal disagreements. Other animals kill over food, security, or instinct. Humans, however, kill and harm each other when our verbal lines get crossed or when we disagree.

Another proof of how bad humans can screw up communication or how much poor communication affects us may be your crime. It is quite likely that your crime is either living proof of a “failure to communicate” either with your victim, or that when you committed it you had stopped effectively communicating with the people in your life who actually cared and loved you. When we stop communicating, we feel isolated, frustrated, even angry with healthy people in healthy situations, and we become prone to judging or harming others.

Non-violent communication changes that. It’s not just about better communication, it’s about better living. When you communicate better, you get more out of life. You know how to directly ask for and get the things you want. And, you are better able to understand exactly what those around you want from you.

If you are committed to leaving violent interaction behind you, if you are able to remain honest in your responses, if you are ready to open your heart to yourself (at last), then let us begin.

This workbook is a tool to assist you in becoming who you wish to be.