

# CELEBRATING, MOURNING + LEARNING JOURNAL

www.hearttalkmatters.com January 2019 [kate@kateraffin.com](mailto:kate@kateraffin.com)

God help us to change. To change ourselves and to change our world. To know the need for it.  
To deal with the pain of it. To feel the joy of it.  
To undertake the journey without understanding the destination.  
The art of gentle revolution. – Michael Leunig

I recommend taking the time after a significant event, meeting or conversation.  
Doing this journal is an opportunity to notice, celebrate + mourn the choices I made and open up to and integrate the learning from this interaction for the next one.

Name the situation – my example – I facilitated a 2 day workshop with 20 women.

Take a moment to sit with yourself and connect to your body and breath ...

Notice what is 'alive' in you.

## Celebrating (flowers)



Recall something that you did that you are glad you did or said.

No matter how small or insignificant you tell yourself it is.

Write this action down as an **observation** (what you specifically did or said).

Connect to how you are **feeling** right now as you remember

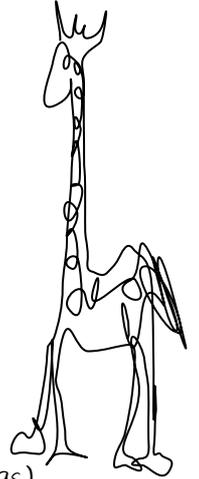
and write that down. Now your **need** met by doing what you did.

I like to then **draw a flower** to relish and **celebrate** that moment.

(try using your non-writing hand to draw this – as I have with these drawings)



Repeat this process as many times as you like – and drink in the **giraffe juice** !!!



my example; when I remember asking Auntie Grace to share what was alive in her and asked every one else to choose needs cards they heard were important to her

I feel **open + clear** because it embraces my needs for **CARE, TRUST, CONSIDERATION + EMPATHY**

## Mourning (tears)



Now there is a space to notice what you did that you are **not so happy** with.

Perhaps the way you responded to someone in the conversation or a choice you made.

If you are judging yourself a lot, you may want to list these judgements and give them a full voice – see **\*jackal / judgement journalling\*** page.

Write this action down as an **observation** (what you specifically did or said).

Connect to how you are **feeling** right now while remembering that and write that down.

Now write down the **need/s not met** by doing what you did.

Draw a tear to acknowledge that part of you that wants to GROW + LEARN.

eg when I stayed in the one room and did not offer support to the women in the 2<sup>nd</sup> room,

I feel **sad + concerned** because I need **SUPPORT, CLARITY, CARE + INTEGRITY**

Now, sit with these **needs** that you connected to in mourning.

Take atleast 3-5 full breaths with each one.

## Learning + Integration (lightbulbs)



Perhaps you can begin to imagine what may have worked better or would work better next time.

Write this out in a very specific way – ie the words you would speak or the actions you would take.

And ... draw a lightbulb.

This can be a very powerful way to **integrate** and **'harvest'** your learning.

Eg \* In the aim of supporting all of us in this yarning circle, I may change from group to group at any time. Please just continue if you are speaking. Will this not work for anyone?\*

FEEDBACK VERY WELCOME – [kate@kateraffin.com](mailto:kate@kateraffin.com)

keep all contact info intact when sharing – thank you.

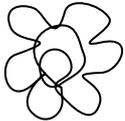
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Kate Raffin January 2019.

Based on the work of Marshall Rosenberg - Nonviolent Communication. [www.cnvc.org](http://www.cnvc.org)

## example worksheet

situation - a practice group I facilitated last night



When I remember offering empathy to many of the questions that were asked before attempting to answer them, I feel grateful and warm because it contributes to needs for **SUPPORT, CLARITY + RESPECT**



When I remember self expressing about how I was feeling anxious with us starting late and then making a request, I feel relieved because it embraces my need for **HONESTY + INTEGRITY**



When I remember one person giving what I call "advice" to another without me intervening, I feel anxious + tight in my shoulders because I need **INTEGRITY + RESPECT + CONGRUENCE + CONTRIBUTION**



**I COULD HAVE SAID/ SAY NEXT TIME :** \* Before you continue, I want to highlight what I perceive just happened. In offering your strategies for what Jenny might do in this situation Brian, I am guessing you were wanting to contribute to her well being - have I got that?

I want to support us to notice when we do this as a practice and an informed choice, and where ever possible, to seek consent before offering strategies or advice.

Even then, I would like to support you to try to empathise with where this person is at BEFORE even checking if they'd like to hear your ideas.

We have a tendency to do all these things that I would not consider to be empathy - sitting with someone exactly where they are at and supporting them to connect with what is alive in them and their own wisdom to move forward. Let's try this...



When I remember saying "don't worry if you don't understand all of this", I feel distressed and anxious because I need **CLARITY + INTEGRITY**



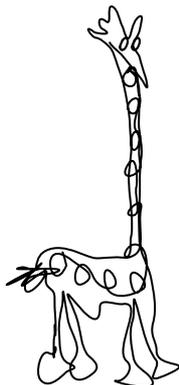
**REQUEST of myself to** PAUSE...

Take a moment to acknowledge that I am not feeling as clear as I'd like to be.

Empathise with myself out loud. ( letting folk know that this is what I am doing)

Connect to the point I am trying to make.

Then, (if I am really game) asking folks how that was for them to hear and watch me self empathise.



[kate@kateraffin.com](mailto:kate@kateraffin.com) - feedback welcome

# JACKAL / JUDGEMENT JOURNALING

Kate Raffin

Updated Jan 2018 [www.hearttalkmatters.com](http://www.hearttalkmatters.com)

Based on the work of Marshall Rosenberg [www.cnvc.org](http://www.cnvc.org)

Please keep all contact info intact when sharing - thank you.

When pain is stimulated in you, take the time out to be with yourself and fully give space to this pain.

1. Write down the stimulus for this pain as an **observation**.

This will look like "when I heard ..., saw ..., said ..., did ..., remember..., tell myself..."

Take a moment to **fully connect** to the pain - feel your body, notice any body tightness, restriction FEEL this.

2. Now is the time to **free write** your jackals/judgements - do not try to be "nice" or "wise"

- take this time to **express yourself on paper**.

Leave a line between each one.

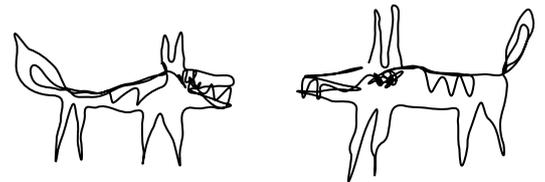
Use short simple statements - you may like to use words like

**Should/shouldn't** eg "They **should** understand me"

**have to/must** eg "I **must** do this"

**labels** eg "She **is a** control freak"

**deserve** language eg "I **deserve** to be treated better"



Keep writing these "jackals /judgement statements" until you feel some **relief OR** these thoughts start to repeat themselves OR you sigh or get the sense that you have a lot of your thoughts on the page.

3. Now go back and read the jackals/judgements one at a time to yourself and write in the line underneath the **feeling\*** being expressed **BY** each jackal/judgement. Go through your **whole page** like this.

\* you may like to use a feeling and needs cue sheet. And draw a bone (empathy guess) - that you are offering the jackal.



4. Go through the list again, connect to the feeling and now write the **need** being expressed **BY** each statement next to the feeling.

5. When you have been through the whole list, **take a moment** and look at the needs you have written down - you may like to **re-list the two, three or four** that really connect for you together at the bottom of the page.

5 a. As an added step, if these judgements are about yourself and something you did or said, you may like to include the needs **you were trying to meet** by making the choice you did, (wether you met them or not) - **add these needs to your list at the bottom of the page, then ...**

6. Sit **comfortably** and **"BE WITH"** these needs **s l o w l y** repeat them to yourself a few times.

I like to close my eyes. Take at least 5 breaths with each need.

After a few minutes, gently open your eyes and bring your attention to your body.

- **How do you feel now?** (If you have more new jackal statements, continue steps 2 - 6.)

8 Now that you are connected to these needs, **bring the original stimulus back into your focus**.

If there was another person involved in your stimulus, what is your best guess at what **they were feeling and needing** ? Write this underneath as **"their possible F + N"**

9. Is there a **request** you could make of yourself ? The aim of this request is for the **next step** - not necessarily to resolve the whole "issue". \*Present, \*specific, \*do-able, \*connected to these needs. **Write this request.**

If you have **coloured** pencils, you may enjoy the clarity of the colours if you **underline** or

**highlight Observation** (yellow), **feelings** (red), **Needs** (blue) and **requests** (green)

Your page could look like this :-

When I remember hearing my neighbour raise his voice and say "Fuck you, stop bringing up the passed" to his sister and mother and kick the locked gate.

JS - Didn't he learn anything from his days in prison ?

**Scared, heavy physical safety, security, respect, Peace of mind**

JS - There's no hope and nothing I can do. So much for NVC here.

**despair, confused support, contribution, trust, inspiration, integrity**

JS - I bet he is high and after money for drugs

**Tight in my chest, deep sadness health/well being, understanding, freedom**

**Peace of mind, contribution, integrity**

Their possible F + N **angry frustrated to be seen for his efforts, support, empathy**



Kate, would you be willing to go out on to the street and see if there is any way you can support dialogue between them?

YES

# JACKAL JOURNALING — WORKSHEET Updated January 2018

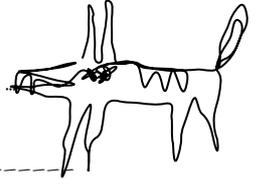
by Kate raffin [www.hearttalkmatters.com](http://www.hearttalkmatters.com)

1. Observation

-----  
-----



2 \*Jackal/ Judgement\*  
statement



3 Feelings ----- 4 Needs -----



Jkl st -----



Feelings ----- Needs -----



J S -----



Feelings ----- Needs -----



J S -----



Feelings ----- Needs -----



J S -----



Feelings ----- Needs -----



J S -----



Feelings ----- Needs -----



J S -----



Feelings ----- Needs -----

5 Needs -----

12 BREATHS (connecting to the needs)

7 How do you feel now? -----

(If you have more new jackal/judgement statements, continue steps 2 - 6.)

9. Their possible F + N Feelings -----

Needs -----

9. Request ? -----

