

WHICH DO YOU CHOOSE?

DOMINATION CULTURE: NAMING/ BLAMING/ SHAMING	TRANSITION ZONE	CULTURE OF PEACE: GIVING/ RECEIVING/ SHARING
GOALS	GOALS	GOALS
To be right To assign blame To have power over others To compare and maneuver for position; try to be “top dog”	To value connection over being right To learn compassion To live sustainably To heal wounds and change patterns	To create community To share power and cooperate To work together for the benefit of all To meet everyone's needs
MOTIVATIONS	MOTIVATIONS	MOTIVATIONS
Fear Guilt Shame Obligation Duty	Desire to understand To practice authenticity & empathy together To be more fully alive	Enthusiasm Enjoyment Embodying my innate values Sharing, cooperation Compassion and interbeing
STRATEGIES	STRATEGIES	STRATEGIES
Use manipulative strategies such as guilt-tripping; expect others to know what I need/want and give it to me without my asking; violence (physical, verbal, attitudinal) Judge and analyze Blame and criticize Make demands – use rewards and punishments Listen without empathy: agree or disagree, advise, lecture, scold, argue, sympathize, analyze, educate, prescribe	To practice presence and mindfulness To use NVC to help transform our thinking and communication To use triads for increasing awareness and intentionality To practice forgiveness To use restorative practices to increase connection	Take 100% responsibility for my own life and allow others to take 100% responsibility for theirs; make and keep agreements; equitability and sustainability Observe, see, hear Share my feelings and needs Make requests - look for the yes behind the no Listen with empathy: translate into feelings and needs; take responsibility for my triggers instead of projecting

with appreciation to:

Sura Hart and Victoria Kindle Hodson, [The Compassionate Classroom](http://www.thenofaultzone.com), www.thenofaultzone.com
 Marshall Rosenberg, [Nonviolent Communication, A Language of Life](http://www.cnvc.org), www.cnvc.org
 Peggy Smith, www.opencommunication.org
 Gina Cenciose, www.embodyingempathy.com
 Poppa Neutrino, FloatingNeutrinos.com/Message/neutrino_ideas.htm