

Adventures of Lups & Spotty

Stories of Love &
Compassion

Adventures of Lups & Spotty

VOL: 1/ Issue: 1



Hi, young people, my name is **Spotty**. I am a Giraffe and I love to interact with young people.



And this is my friend **Lups**, he is a Jackal. He does not know so well to talk, sometimes he shouts and yells, and he is blaming and judging.

But in the end we come along very well.

From now on I will inform you about my life with my friend Lups and how our friendship deepens. Sometimes we even dance together.

Ready to go?

Just last week Lups said to me: "You are so boring and lazy. Let's take some apples in the neighbour garden." I asked him: "Do you want some **ADVENTURE**?"

"Oh, yes. You never ever come along when I steal some fruits from the neighbours."

"Ok, I can see you really want some **FUN** and **ADVENTURE**."

"Yes, yes, yes, I want this excitement."

"Lups, I am concerned and I want to **RESPECT EVERYBODY'S LIMITS**. And I am honest and would prefer another adventure. I know a river and a bridge over it. The bridge is quite rotten. But we can make it over the river. I am tall and I can give you a hand to come over it. And on the other side there are wild berries. How about that?"

"Mmmm. Is it dangerous?"

"Well, we will get wet, if we fall into the water, but it is not deep. I want some **ADVENTURE** as well, and I do not want to risk my life. Let's go to the bridge and look for the berries."

Did you notice the way I talk and focus on NEEDS? I like to talk this way because it connects me with myself & others. This language is called 'Nonviolent Communication (NVC)' and i like to call it 'The Language of Heart' because it connects all the hearts. And you know who taught me this language?

His name is Marshall and he loved to connect with others through NVC.

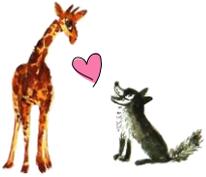
Marshall used to say, "You already know this language. You just need to discover and practice."



For me it is so much fun to talk in NVC because it helps me to make life wonderful for me and others.

Would you like to make life wonderful?
Let's do it!

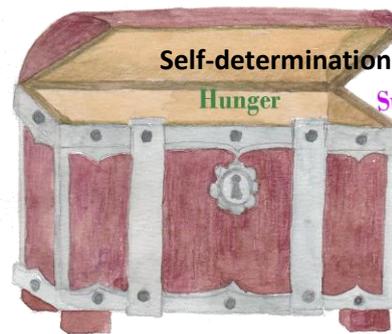




NVC is a method and it is a special way of being together with other people. It assumes that everything that people do is because of inner motivation, so called **NEEDS.**

- If you eat a sandwich (open a fruit basket), you want to **satisfy your HUNGER** and want **FOOD** ?
- If you ask your friend for the homework, you want to get some **SUPPORT** ?
- If you paint a picture, do you want to be **CREATIVE** ?
- If you go out for a walk, you may have a desire for **FREEDOM & BEING ON YOUR OWN** ?
- If you look for your friends on the street, you want a **COMPANION** and look for **YOUR GROUP** ?
- If you beat your sister when takes your books from your table without asking, do you **WANT TO BE ASKED** ?

*"There are always **NEEDS** below any action."*



The Treasure-Box of NEEDS

Needs are: **Safety, Trust, Respect, to be seen, to taken care of, to give, to play, to have fun and adventure, to learn to relax, to be empathic, to share and to belong to a group.**

So if Spotty says: "Ok, I can see you really want some **fun** and **adventure**." she tries to find out the need of Lups. As soon as Lups hears about his own needs, he feels heard, taken serious. He can relax.

So NVC is about needs. The giraffe tries not to think in categories like good or bad, fair or unfair, right or wrong. She goes into needs. Then all happenings can be seen as a fulfilment for needs.

Needs are universal, that means everybody on earth has them, no matter about the colour of the skin or religion or age or gender. All humans have the same needs. And each of our actions is a strategy to meet one or more of these needs.

The end of it is that people who practice NVC have found greater relation to others, increased understanding and a conflict can be solved to the win of both parties.

The NVC community is active in over 65 countries around the globe. Find out more about how NVC is changing the world and how you can get involved by visiting

www.cnvc.org

"We invite all the young people to join us in this journey of MAKING LIFE WONDERFUL."

We love your feedback, questions and suggestions.

You can send your emails to:
lupsandspotty@gmail.com



GEHEINSAHES ESSEN