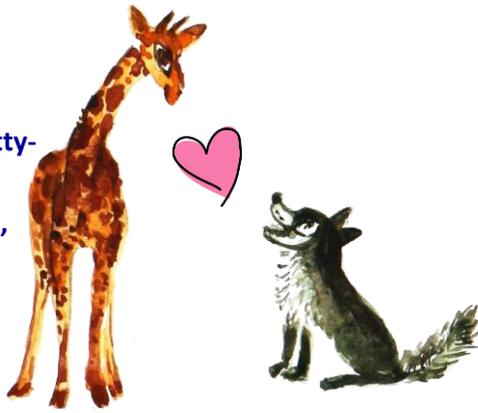


"Hello friends!  
This is me- **Spotty-  
the Giraffe** and  
my friend- **Lups,  
the Jackal**?"



# Adventures of Lups & Spotty

Stories of Love &  
Compassion

Adventures of Lups & Spotty

VOL: 1/ Issue: 3

In the previous newsletter you read how Spotty was able to solve the conflict between the cat Minka and Lups through our different way of talking called – **Nonviolent Communication (NVC)**. And we talked about Observations.

*One day Lups & Spotty were walking in the forest.*

"Hi Lups. Are you ready to continue our walk in Nonviolence?"

"No, I want a fight".

He takes up his paws and starts to attack the air and howls:

"Who wants to fight against me? I am bored and I want someone to fight against me. Come here!"

Spotty turned a bit away.

Nobody comes along and Lups is still fighting with the air.

"I am bored and everybody ignores me."

All of a sudden a big swarm of crow came along.

"There is the terrible jackal, now we get him. First we peck out his eyes and then we all together can frazzle him."

Lups was shocked and he started to defend himself. He jumped up, got a crow and bit one and then he got another one until they layed on the ground. The crows went on to attack Lups on his tail and at the head.

"Spotty, can you help me?"

It went all so fast, that Spotty could not come back from the other tree when the crows first came along. Now Spotty shouted: "Stop it" and set her body between Lups and the crows. They all looked exhausted.

"What is on here, you animals, can you stop for a while. Just tell me, how you are right now, after this fight?"

One crow: "I am hurt, one of swings does not open."

Lups: "I am shocked and exhausted and fatigue. I want to stop this. I only did it out or fun. And they were so serious," he pointed to the crows.

Spotty: "Ok, after checking that everybody is still alive: Is there anything you want now, anybody of you?"

The oldest crow: "I am tired of this. This happens often for nothing. Last time we met, he ate all the dead meat which WE detected on the street. I want to live in calmness."

Lups: "And I want to have fun and nobody was here. The other day I went along the street and saw the dead meat. Therefore I ate it. Look how skinny I am. And now I feel misunderstood."

Spotty: "So you feel frustrated and want fun and maybe again food? Lups nodded.

Lups, can you be silent for a moment? Can you sense inside yourself: when you think, you are misunderstood, how do you feel deep inside you?"

"I feel lonely."

In this way Spotty helps all animals to check how they feel, because this is the second step of the other way of talking, the nonviolent way



The second step in NVC is about **FEELINGS**.



You remember about NEEDS? Our FEELINGS are caused by our inner Needs or Desires.

Here you find different feelings when an inner desire is fulfilled:



Here you find different feelings when an inner desire is not fulfilled:



In NVC we distinguish between real feelings inside ourselves - see the feeling list - and think about others with words like ignored, manipulated, misunderstood, neglected. If you think, you are neglected, how do you feel deep inside? Lonely, or sad, or confused? So below the thought is a real feeling and this is it what we express in NVC.

It is very easy to distinguish between Feelings and thoughts if you play the words in a pantomime. Try it out, a feeling like sad, happy frustrated is easy to detect for others. I word like misunderstood – the others will not guess, because it is a thought.

There are no good or bad feelings. There is no judgement about feelings, no classification.

So step one & two of NVC are: When I see my blue lunch-box which has my written name on it inside your bag, I feel disappointed.

That’s all, just the feeling. This language is about the heart and what comes out of it.

In NVC I know that all people try to meet a need by all they do. And it is not against someone else.

Guilt, shame and anger and depression all are based on thoughts: guilt (I did something wrong), shame (I am wrong). They are based on thoughts of right and wrong. They contain judgements and thoughts of oneself (as jealousy).

## NVC quiz

Now let’s try to guess if these statements are FEELINGS or THOUGHTS? Put a (F) next to statements that you believe are feelings and put a (T) next to statements you believe are thoughts.

1. I feel confused. \_\_\_\_
2. I feel that you didn’t explain it very well. \_\_\_\_
3. I feel scared. \_\_\_\_
4. I feel frustrated. \_\_\_\_
5. I feel that you’re a smart person. \_\_\_\_
6. I feel she doesn’t like me. \_\_\_\_
7. I feel safe. \_\_\_\_
8. I feel that you do understand me. \_\_\_\_
9. I feel that you are mean. \_\_\_\_
10. I feel like hitting you. \_\_\_\_

Ans: 1-F,2-T,3-F,4-F,5-T,6-T,7-F,8-T,9-T,10-T

*If I think I am unimportant, a possible feeling might be that I feel sad or discouraged, because I want to be seen and I want companionship, I want to count, I want connection.*  
**Unimportant** is how I think the other is evaluating me.  
*If I think I am misunderstood, I might feel anxious or annoyed, because I need some understanding and connection.*  
*If I think I am ignored, I might feel hurt or frustrated, because I want to be involved and to be seen.*  
**Ignored** is more of an interpretation of the actions of others.



In the next newsletter we will tell you more about the adventures of Lups & Spotty and about ‘NEEDS’- the step 3 of NVC.



You can write your view to us on: [lupsandspotty@gmail.com](mailto:lupsandspotty@gmail.com)