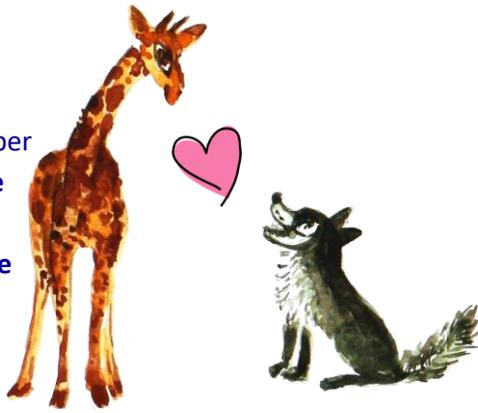


"Hello friends!  
Do you remember  
me- **Spotty- the  
Giraffe** and my  
friend- **Lups, the  
Jackal** ?"



# Adventures of Lups & Spotty

Stories of Love &  
Compassion

Adventures of Lups & Spotty

VOL: 1/ Issue: 2

In the previous newsletter you read that how me and Lups had a conflict and it was solved when we focused on our **NEEDS** through a different way of talking called – **Nonviolent Communication (NVC)**.

*After our fruit lunch across the river, Lups and I went for a walk.*



"Ah, look Spotty, there is that stupid cat Minka. I'll teach her to have respect!"

Spotty looked at Minka and could not understand why Lups was so angry. Before she could ask - What the problem was; Lups jumped across the fence and ran up to Minka.

Minka tried to scare Lups away but Lups knew that he was stronger.

"I will show you what happens to creatures who do not respect me!" he shouted and took Minka's food.

"You terrible thief! Nobody respects a thief! No matter how strong you are!"

Spotty walked over to Lups. "Hey, what's up? Are you angry?"

"You bet! She does not show me respect. All creatures should respect me."

"Ok, I see. You are angry and you **want to be seen**, be someone important?"

"Oh yeh! **I AM LUPS**. Here I AM! THAT'S ME!" he shouted and tapped with his paw on his breast.

"And how do you know, that she does not respect you?"

"When I walked up to her last week, just turned away and did not greet me! And this makes me very angry, because Minka should greet me, nobody should behave like that in **MY PRESENCE!**"

Minka: "But I never saw you! I always greet when I see someone, but my eyes are not so good during day time. I can see better at night."

"There you see Lups. It was a misunderstanding," Spotty explained. "It is very important to check what we really notice and not start to make our own story and judge others. The cat just did not see you!"

"Oh...," said Lups hesitating a bit and then he gave the food back to the cat. Half of it, the rest he ate already.

The cat was happy to get some of her food back. "Lups, I did not greet you on intention. I just did not see you. Can you please say something next time. My ears are very good at daytime!"

Spotty: "Lups, do you want to know about this **different way of talking?**"

Lups: "Make it a short story. I am still hungry."

Spotty: "You say: *And this makes me very angry, because Minka should behave in my presence.*"

I say: **I am** angry, because **I want** to be seen. **You feel** something because **you want** something. I do not say: I feel..., because of you... This is all **inside** you. The others are only the **trigger** for your feelings. You feel something because you want something.

Do you see a difference between our expressing?

When I say: "I feel..., because I want..." then I have all the **power on my side to change** what I would like without blaming the other. I have the experience that the other is more motivated to listen to me.

Want to try it? Let's start with the **OBSERVATION**.

So in this newsletter we are sharing more about the difference in our talking and **4 STEPS OF NVC**:



**1. Observation:** “Lups evaluates & interprets a situation and judges.....And I say the same thing differently and I try to **OBSERVE** the situation as exact as possible, **like a picture taken with the camera**. This **OBSERVATION** helps me to start the conversation **WITHOUT ANY JUDGEMENT.**”

**LUPS:** You have **stolen** my lunchbox !

**SPOTTY:** “Let me translate into my language. In giraffe I would say: **I saw my blue lunch-box which has my name written on it, inside your bag.**”

**NVC quiz** Now let's try to guess if these statements are **OBSERVATIONS** or **EVALUATIONS**?  
You will get the answers at the bottom.

1. You are always late.
2. When I see that you came home three times in this week later than 8 pm, ....
3. She turned her face away, when I walked up to her.
4. She is afraid.
5. She never listens to me.
6. You are chaotic.
7. Yesterday evening Nancy bit her fingernails while watching television.
8. Sam didn't ask for my opinion during the meeting.
9. My father is a good man.

1,4,5,6,9 are evaluations. By the way: 2 is an observation behind the evaluation 1.  
The observation behind 4 could be: Last night in the dark she hit behind her bed.  
The observation behind 5 could be: Last time we met, she went away when I was talking to her.  
The observation behind 6 could be: You left the pot of rice on the street and your flips at the neighbours.  
The observation behind 9 could be: My father takes me to my grandma for playing once a week.

**Now we transfer a Judgment into an Observation:**

There are many people in the room -> *There are 48 people in the room.*

You write nicely -> *I can read your writing without a glass.*

You are tall -> *You are 184 cm of height.*

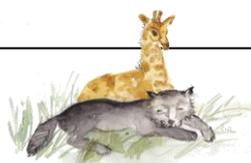
She is generous -> *She gave me a cookie, today.*

He is smart -> *He reads two books this week.*

You always make such a mess -> *There is glue on the table.*



*Jackals are often not aware of their **feelings and needs**, because they use their time in analysing and judging, what is outside themselves. Jackals and Giraffes are **not right or wrong**. Both are in us and they show **two different ways of expressing**, with different awareness. I see the Jackal not as an enemy, but as a stimulus to grow and become more and more aware of my self-responsibility. The Giraffe does not look primarily for factually solutions. She always looks for a connection to heart through expression of Feelings & Needs.*



In the next newsletter we will tell you more about the adventures of Lups & Spotty and about 'Feelings'- the step 2 of NVC.



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