Awareness Examen NVC Adaptation

NVC Gratitude and Beneficial Regret

AWARENESS EXAMEN

wholeness takes practice

**Specific Gratitude**
When I ______________ (behavior)
it contributed to my need for ______________ (value)

**Beneficial Regret**
When I was ______________ (behavior)
I was wanting ______________ (value)
I wish I had ______________ (alternative choice)

**Intention**
I value ______________
I will try ___________(the new choice) next time.

You may choose to share these with others for accountability, connection, celebration, mourning, belonging (shared language).

**Awareness Examen and NVC adaptation**

**Be Still:** Take a meditative posture and a couple of minutes to center into the moment and self acceptance.

**Meditate on Gratitude:** With a grateful heart, connect with the simple gift of being here. Notice your breath and the sensation of your body being held in the chair or on the floor. Imagine being accepted and loved fully without judgement or comparison,

**Rewind:** Scan back through your day. If practicing at noon, rewind back through the moments since waking in the morning. If practicing at night, rewind back through the moments to your noon practice.

**Find the subtleties of moments of compassionate connections or disconnecting reactions:**
- What habits and life patterns do I notice?
- When did I feel most alive? Most drained of life?
- When did I have the greatest sense of belonging?
- When did I feel most alone?
- When did I give love? Where did I receive love?
- When did I feel most fully myself? Least myself?
- When did I feel most whole? Most fragmented?

**Reconcile and Resolve**
- Practice Specific Gratitude for the connections
- Practice Beneficial Regret for the disconnections
- Set an intention for the next period of time to be more fully aware, connecting and loving toward yourself and others.

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