

## NVC Personal Practice

### ***What are you grateful for right now?***

This personal practice can be done any time but is well suited for just before a meal. Gratitude with a meal is a great combination and it also helps us slow the pace of our lives so the meal can be enjoyed.

This practice is also a good way “check-in” at an NVC practice group.

This practice is also a good reminder that amongst the busyness of our days we always have access to the subtle joys of gratitude.

There are a couple of ways to try this practice. One way is to simply ask yourself, “What am I grateful for right now?” follow up with asking “what needs are being met?”

The gratitude’s might be very simple like the feel of the sun on your skin or breathing fresh air. Be as specific as possible, rather than “I am thankful for good food” perhaps “I am grateful for fresh picked lettuce from our garden.”

Another approach is to review your day for examples of gratitude; perhaps a personal connection or the experience of beauty. Recall that experience and identify the need being met.

When sharing a gratitude with someone, place it in a context of an experience and then identify a met need.

### **Example:**

Today I went for a 30 minute walk around my neighborhood. It was a beautiful sunny day. Needs for comfort, ease and good health are being met.

I am grateful for a healthy body that is free from pain and discomfort.