



Radical self-love 1

1. For which actions/behaviour do feel guilty? What do you feel guilty for?

2. Which needs do you meet or try to meet with these actions or behaviour?

One of the basic assumptions in NVC is that each action/behaviour is a trial to meet needs

3. Please try to appreciate yourself for having found this way to meet your needs?

When I realize that I say... or do...

I feel _____

my need for _____

is met

4. Please sense in your body if there is a shift

5. Deepening: you can express your need in a specific posture to anchor the change