VOLLER ELAN

MINDFUL COMMUNICATION

Speaking Mindfully
Is it true, nice and / or necessary?
Do I speak clearly and focused?
Do I complain or do I criticize constructively?
Do I communicate nonviolently? (Observing, identifying my won and others feelings and needs)

Listening Mindfully
Am I present?
Do I acknowledge my thoughts, feelings and impulses?
Do I value what I hear? And if so, how?
Do I hear selectively?