

PREPARATION FOR CLASS #1

Briefly define a situation that distresses you with regard to your adult son or daughter, or other family member.

Use observational language. This includes the stories you tell yourself and information you receive from sensations in your body.

For example: *When I see that my son is still unemployed I feel angry at him because I think he should try harder and I worry about my grandchildren whom I love very much.*

Another example might be: *I feel hopeless because even though I am committed to being peaceful and to using NVC, I cannot have a peaceful interaction with my daughter.*

