Feedback in NVC

Start with giraffe juice.

Distinctions:
- Feedback is based on my desire to contribute to the other's learning.
- Honesty is based on my desire to express myself and / or achieve a change for my own sake.

The learning-more trap:
1. Feedback has to do with our actions (strategies) not our person.
   The trap: Magic misinterpretations, see below.
2. "It's just a projection" - and other ways to let it bounce off.

Magic misinterpretations:
1. If you do not love me, I am not worthy of love.
2. If you do not treat me kindly, I do not deserve kindness.
3. If you cannot stand it, then it is not allowed here.
4. If you do not like it, it's wrong / I'm wrong / you don't like me.
5. What you do not appreciate is not worth anything.
6. If you do not like it now, you will never like it.
7. If you do not like this one thing, then you do not like any of it at all.
8. ...

Appreciation Traps:
1. Outer appreciation as compensation for missing self-appreciation
   ⇒ the therapy is to Cultivate and Promote self-appreciation
1. Appreciation now as a substitute for appreciation I did not get as a child
   ⇒ the therapy is Working with liberation and Healing the inner child
2. Appreciation as compensation for not taken good care of myself (sacrifice)
   ⇒ the therapy is NVC Mourning process

This work might also call on transforming core beliefs.
Is there a hole in my bucket? Does the appreciation I receive run out again, or fill my bucket?

Feedback questions you might ask:
- My shadows, unconscious emotional substance that controls me in certain directions
- My growing edge / Nearest development zone
- Specific habits, things I am not aware that I do
- Actions / personal characteristics that I do not like about myself. For example, actions / characteristics which I have received negative feedback on earlier
- I only want appreciation.
- ...

Taste the feedback you receive. If it tastes good, take it in. If not, let it flow away. It is not a beginning of a discussion.

You can at any time say STOP, and not receive any more feedback right now.