

Stepping Stones to Healing and Thriving

Step 3
Relationships

From Silence to Strength

Getting Your Needs Met Through
Compassionate Communication



LISA@HILTONCOACHINGCONSULTING.COM



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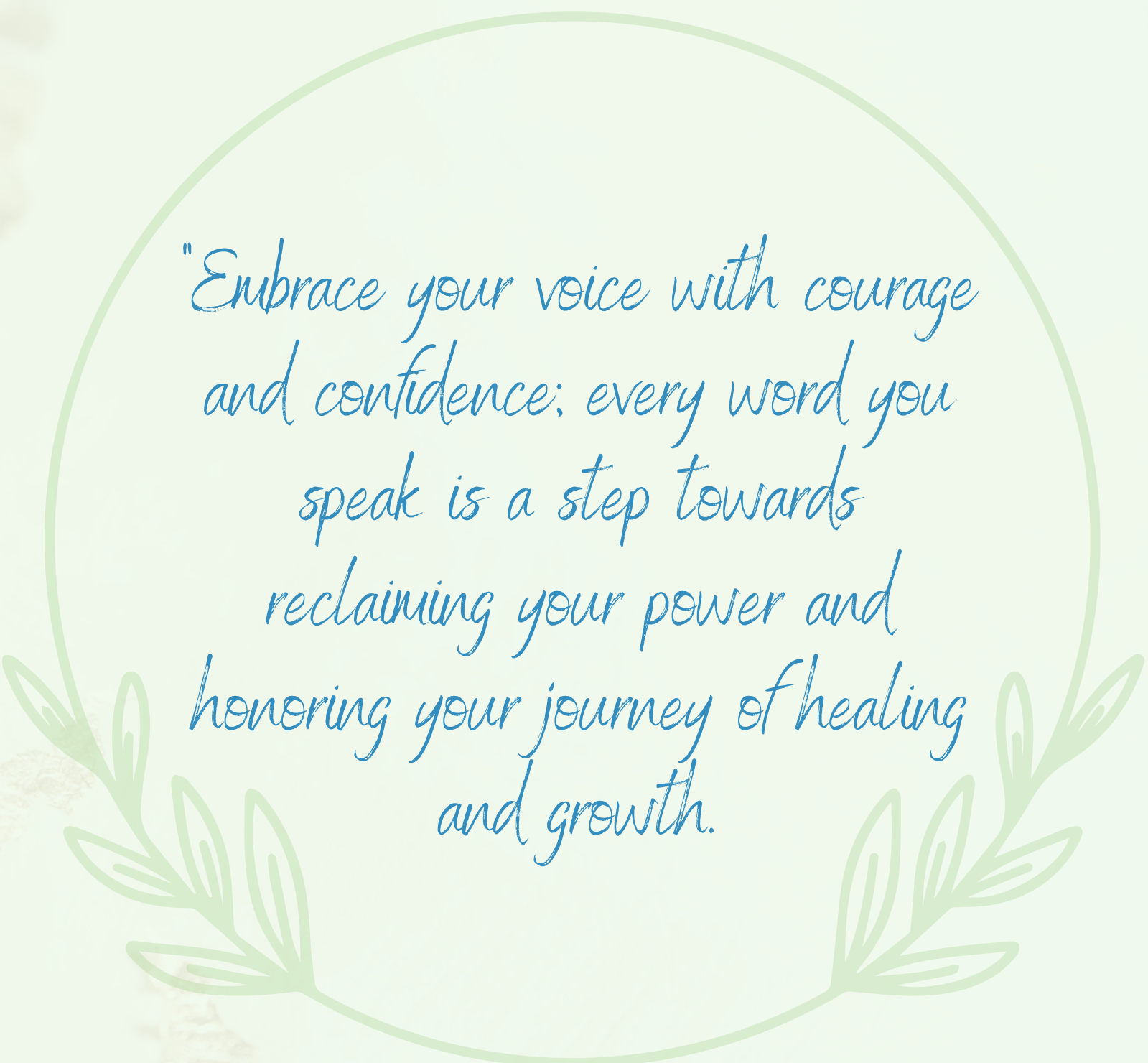
WELCOME

Welcome to the Step 3 Workbook. It offers tools and insights to help you rebuild and integrate new, healthier ways of relating to yourself and others.

Each exercise and reflection aims to support you in reconnecting with your true self and reclaiming your voice.

As you navigate at your own pace, may this workbook empower you to move from silence to strength, and may you find the support and encouragement you need to thrive within these pages.

Please note that this program is designed to supplement working with a trauma-educated mental health professional.



*"Embrace your voice with courage
and confidence; every word you
speak is a step towards
reclaiming your power and
honoring your journey of healing
and growth."*

What's Ahead

MODULE 1 UNDERSTAND

Understanding Needs, Identifying Limiting Beliefs

1. Understanding your needs
2. Recognizing Patterns
3. Speaking with your inner child

MODULE 2 REBUILD

Limiting Beliefs, Adopting Compassionate Communication Skills

1. Identifying Limiting Beliefs
2. Compassionate Communication Practice
3. Setting Boundaries

MODULE 3 INTEGRATE

Integrating Strategies

1. Opportunities to practice
2. Action steps

Module 1

Understand

Understanding Needs
Identifying Limiting
Beliefs

Understanding Needs

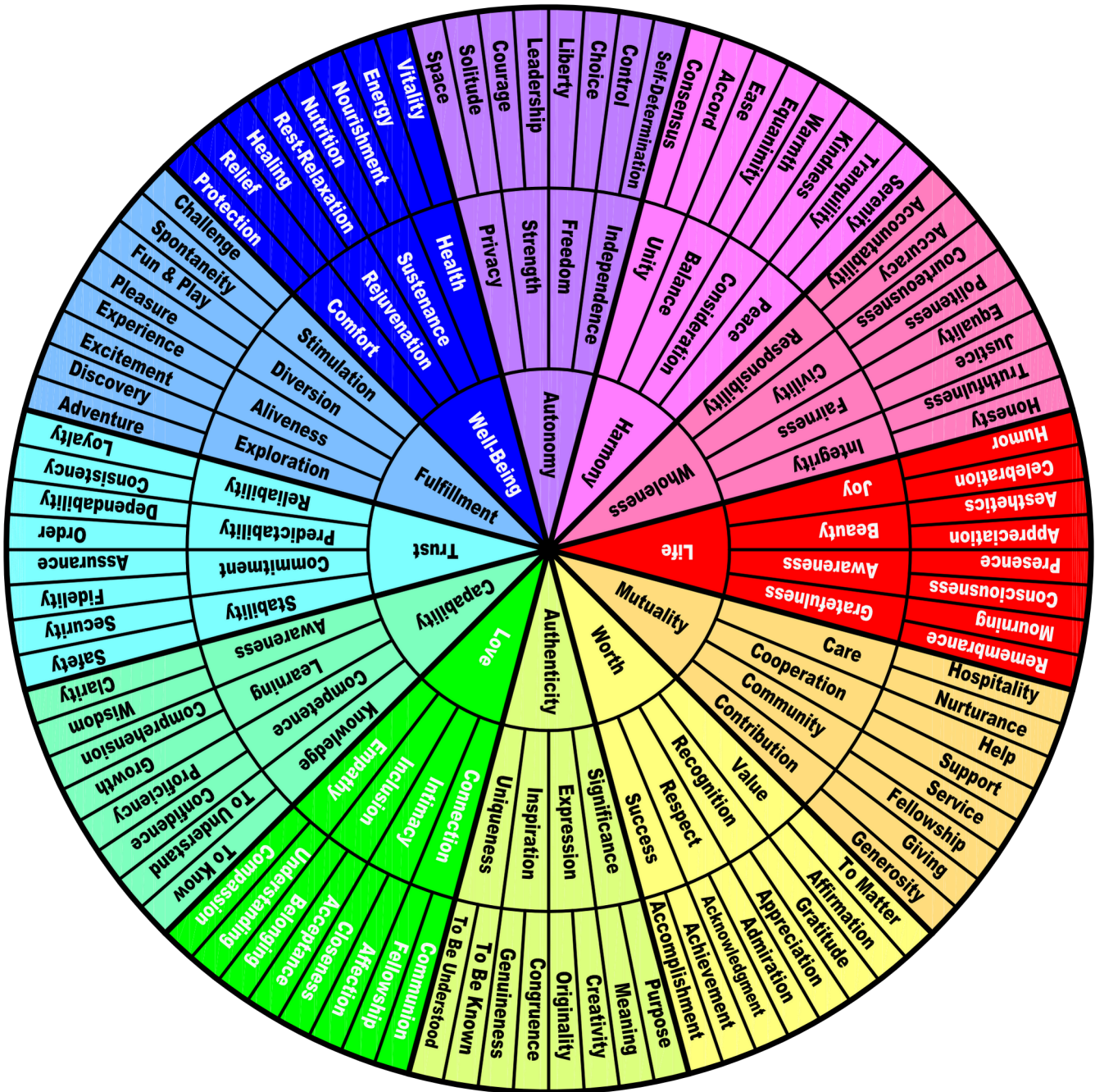
Growing up in an environment where conversations about healthy self-awareness, feelings, or fundamental human needs—such as safety, connection, play, attunement, and acceptance—are absent can leave us ill-equipped to express ourselves or ask for our needs to be met healthfully. Instead, we may endure in silence, internalizing limiting beliefs. When we do attempt to express our needs, they might be dismissed, unmet, or even criticized. This often leads to feelings of frustration, hurt, and sadness, which, over time, can build into resentment. Eventually, when the emotional pain becomes overwhelming, we might express ourselves through anger or rage rather than with clarity and calm.

So, how can we communicate in a way that ensures we are heard and our needs are met? For starters, people first need to know what they need. Emotions are the body's communication. Feelings and emotions reveal what needs are being met or unmet.

We all have basic needs of food, clothing, and shelter. *These three are the bare minimum—what we need to survive.* Yet, to feel whole, healthy, and **thrive**, we need so much more than that. What stands out as you look at the Needs and Feelings Wheels on the next pages? Are you making the connection between what was lacking in your life (unmet needs) and the feelings that were evoked because of this? Conversely, do you see how other pleasant feelings fill your heart and body when certain needs are met?

This program is designed to help you learn to attune to yourself, noticing your body sensations, emotions, and feelings. In this Step, we will explore the needs that are the catalyst for compassionate communication.

Needs Wheel



feel free to print off and laminate

Date _____

What Are Your Needs?

USING THE NEEDS WHEEL, LIST YOUR TOP 5 NEEDS AND RATE HOW WELL THEY ARE BEING MET CURRENTLY.

NEED _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

NEED _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

NEED _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

NEED _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

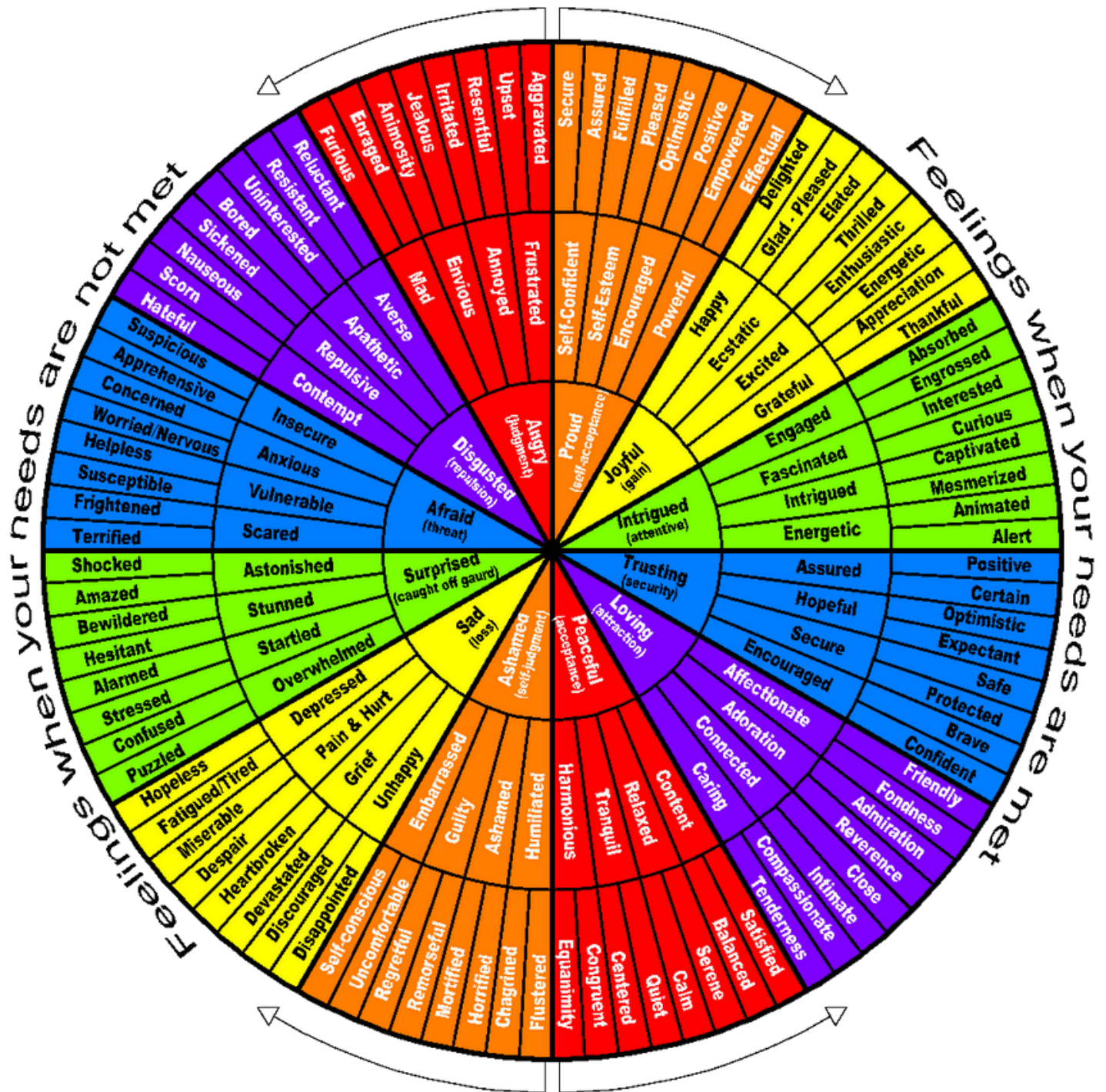
NEED _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

Feelings Wheel



feel free to print off and laminate

Date _____

What Are Your Feelings?

USING THE FEELINGS WHEEL, LIST YOUR TOP 5 FEELINGS RELATED TO YOUR IDENTIFIED NEEDS AND RATE THEIR INTENSITY.

FEELING _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

FEELING _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

FEELING _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

FEELING _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

FEELING _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY



Reflection

What emotions arise when you think about these needs? Are there patterns that surround these unmet needs? Hold space for your inner child's feelings and be curious about what they reveal.

Use the following page to pen our thoughts.

Date: _____

Note Space

Recognizing Patterns

Gently identify situations where your **needs were unmet**.
What were the circumstances? How did you feel and respond?
Approach these memories with compassion and curiosity.

Write a journal entry on a recent experience related to unmet needs, offering understanding to yourself as you would to a dear friend.

Recognizing Patterns

Gently identify situations where your **needs were met**. What were the circumstances? How did you feel and respond? Approach these memories with appreciation. Acknowledge your courage and accomplishments.

Write about a recent experience related to a met need; note the pleasant feelings that are part of this experience. Where do you feel these feelings? Stay with this and hold space for these feelings. Tell yourself this is how it feels to be respected. After sitting with this for a while, How did it feel to be heard, believed, understood, appreciated, etc?

Date: _____

Note Space

A decorative flower graphic with light green petals and a blue outline, located in the top left corner.

First

Inner Child Communication

You may listen to the recording of this or feel free to record it yourself so you can listen and focus on the words and suggestions.

[Begin with Grounding]:

Find a quiet space where you won't be interrupted. Sit comfortably, close your eyes, and take a few deep breaths. Focus on the rise and fall of your breath to help center yourself.

[Identify and Connect with the Wounded Child]:

Could you invite the part of you that feels afraid and not confident to come forward? You might visualize this part as a younger version of yourself or feel its presence as a sensation in your body. Notice if it has a shape or colour. Acknowledge its fear without trying to change or fix it.

[Introduce the Self]:

Introduce yourself to the wounded child from your calm, compassionate adult Self. Let them know that you see them, understand their fear, and are here to listen. See if they can sense your love and concern. Sit with them until they can.

[Listen and Validate]:


Ask the wounded child what they are afraid of and why they feel they can't speak up. (it may take a while for you to notice words coming to your mind) Listen with empathy and patience, validating their feelings. For example, you might say, "I understand that you feel scared because speaking up has been hard in the past. It's okay to feel this way."



[Offer Compassion and Reassurance]:

Gently reassure the wounded child that they are safe now. You can say something like, “I’m here with you, and I won’t let anything bad happen. It’s okay to be afraid, I understand. Please know that your feelings are important. I like to hear what you have to say. Take your time - we can take small steps together.”

[Empower the Child]

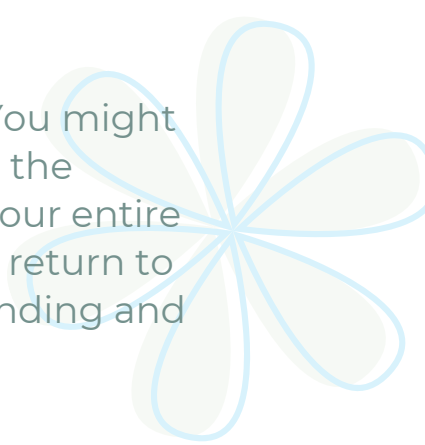


Encourage the wounded child to express themselves, even if it’s just a whisper. Let them know that their voice matters and that it’s okay to start small. You might say, “You don’t have to say everything all at once. Just start with what feels safe to share. I’m here with you, and we can go at your pace.” Continue to be curious, holding open space for their shares.

[Integrate the Experience]:

After the conversation, thank the wounded child for trusting you and sharing their feelings. Let them know that you will continue to check in with them and that their needs will be respected. Ask them where, when, and how often they’d like to connect. If they feel safe, visualize bringing this part of yourself into your heart, where they can feel secure and supported.

[Reflect and Close]:



Take a few moments to reflect on the experience. You might want to journal about it or sit in the stillness, allowing the compassion you offered to the wounded child to fill your entire being. When you’re ready, gently open your eyes and return to the present moment, carrying with you the understanding and connection you’ve fostered.

Date: _____

Note Space

Date: _____

Note Space

Module 2

Rebuild

Addressing Limiting Beliefs
Learn Effective &
Compassionate
Communication Skills



Strengthening Communication Muscles

As stated on pg. 2 (7), the ability to communicate as effectively as wished is often because *these necessary skills weren't taught or modeled*. Remember, if this is true in your case, this is not your fault.

Probably, you either suffered in silence while developing limiting beliefs or did ask, and the request was ignored or made fun of. Either way, a message was picked up that your needs don't matter, which in turn, translates into believing you don't matter. It shows up in how you talk to yourself.

This reinforces *low self-esteem*, as people may believe their needs are unimportant or don't deserve to be met. This belief can prevent them from articulating their needs, as they may feel *unworthy* of asking for what they want or need. An inner critic may appear.

Eventually, resentment starts to build, and feelings like frustration, hurt, and even fear of *rejection or judgment* can begin to grow. At this level, when we express ourselves, when these feelings get overwhelming, anger usually comes out in various forms.

To prevent an anger explosion - this is where we learn that our needs are normal and important. We need healthy communication to feel emotionally connected, feel fulfilled, and live a meaningful life.

How do we communicate these needs nonaggressively or compassionately in a way that dignifies both you and the receiver?

In this module, we will delve further into limiting beliefs and boundary-setting, offering space for self-reflection so you can notice what is happening inside you when your needs are not met, when they are, and how it feels to see your communication confidence grow. Hereby, you'll learn the skills for compassionate communication.

The following is a checklist of limiting beliefs. If yours are not listed, feel free to add them— we all have them.

Then, spend some time reflecting on this list and notice how these beliefs have been impacting your communication strategies and skills. There is a Note Space page for you to use.

Limiting Beliefs

"If I express my needs, people will reject or abandon me."

☐

"I don't deserve to have my needs met."

☐

"Expressing my needs will lead to conflict or anger."

☐

"Being open about my needs makes me vulnerable and weak."

☐

"I don't even know what my needs are."

☐

"I'm hopeless, I never get things right. If I ask for support they'll know how incompetent I am."

☐

"I should be able to handle everything on my own without needing help."

☐

"I've been hurt before when I tried to express my needs, so it's safer to stay quiet."

☐

"It's more important that other people are happy."

☐

Limiting Beliefs

“It’s too hard. I’ll just ignore what’s going on. It’s probably not that big of a deal anyway.”

☐

“Why bother, people don’t listen to me anyway.”

☐

“It makes me uncomfortable asking for what I need/want.”

☐

“People should know they’re upsetting me, I shouldn’t have to tell them.”

☐

“It’s not safe for me to be vulnerable like that.”

☐

Date: _____

Note Space

Counter Limiting Beliefs

Use these two pages to write the counter-belief (positive affirmation) to the previous ones limiting you.

What are their opposites?

Here is one example: "I don't deserve to have my needs met."

My needs are important and it's OK and healthy to ensure they are being met.

DATE /

Counter Limiting Beliefs cont'd

Date: _____

Note Space

What did you notice happening inside you when you countered the limiting beliefs?

Hint: it may feel strange or uneasy, or feel empowering.

This is common when the body is learning to accept healthier ways of thinking. The nervous system and the brain are working together to make positive beliefs your new way of thinking (new neural pathways are forming). Practice sitting with the new sensations until they no longer feel odd or strange.

Date: _____

Note Space



Compassionate Communication Cube



Let's Practice

Structure your needs statements below using the Communication Cube.
Follow the template. Print off more copies if you'd like more practice.

Template:

When I see/hear [situation], I feel [emotion] because I
have a need for Would you be willing to [request]?"

what happened - facts only

feelings

need

request

Boundary Setting Steps

Acknowledge Your Right to Boundaries: You have the inherent right to set and maintain boundaries. Besides your body, your feelings, needs, and preferences are valid and deserve respect. Keep in mind that boundaries are for your emotional and physical safety, they are not for the intent to change the other person.

Understand Your Past Experiences: Reflect on your past experiences and how they may have impacted your understanding of boundaries. It's important to acknowledge how child abuse can blur the lines of what feels safe and acceptable.

Identify Your Feelings: Pay attention to your emotions in different situations. Feelings of discomfort, resentment, or anxiety can be signals that your boundaries are being crossed. Journaling can help you track and understand these emotions better.

Start Small: Begin by setting small, manageable boundaries. This could be as simple as telling someone you need some time alone or stating your preference in a conversation. Each small step builds confidence and clarity.

Communicate Clearly and Compassionately: When you express your boundaries, do so with kindness and clarity. Use "I" statements, such as "I feel overwhelmed when..." or "I need some time to think about this."

Listen to Your Body: Your body can be a powerful guide in understanding your boundaries. When interacting with others, notice physical sensations—tension, discomfort, or relaxation. These sensations can provide clues about what needs are being met or unmet.

Seek Support: Surround yourself with supportive and understanding people. This could be friends, family, or a therapist who respects your boundaries and encourages your growth.

Practice Self-Compassion: Be gentle with yourself. Recognize that setting boundaries is a learning process, and it's okay to make mistakes or feel uncertain at times. Celebrate your progress, no matter how small it may seem.

Reevaluate and Adjust: Your boundaries may change as you grow and heal. Regularly reevaluate and adjust them to reflect your current needs and feelings. It's a continuous process of learning and adapting.

Honor Your Boundaries: Respect your boundaries as you want others to respect them. This self-respect reinforces your sense of worth and helps others understand the importance of your limits.

Setting Boundaries



Using Compassionate Communication or Non-Violent Communication (NVC) skills to set boundaries can help ensure your needs are communicated clearly and compassionately.

Here are five examples:

Emotional Boundaries

Situation: A friend frequently shares their personal problems with you, and it's emotionally overwhelming.

- Observation: "When personal problems are shared with me and I'm not ready..."
- Feeling: "...I feel overwhelmed and anxious..."
- Need: "...because I need emotional space to manage my own feelings."
- Request: "Would you be willing to ask if it's a good time before sharing personal problems?"

Physical Boundaries

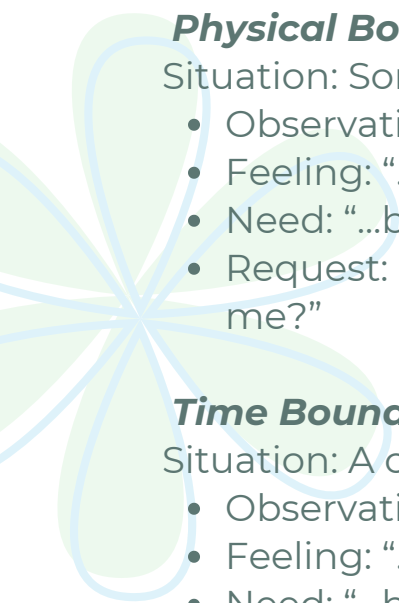
Situation: Someone often touches you without your consent.

- Observation: "When I am touched without permission..."
- Feeling: "...I feel uncomfortable and tense..."
- Need: "...because I need my personal space to feel safe."
- Request: "Could you please ask for my permission before touching me?"

Time Boundaries

Situation: A colleague frequently interrupts you while you're working.

- Observation: "When I am interrupted too often during my work..."
- Feeling: "...I feel frustrated and distracted..."
- Need: "...because I need focused time to complete my tasks efficiently."
- Request: "Can we set specific times to discuss work matters instead of interrupting each other?"



Setting Boundaries

Communication Boundaries

Situation: A family member speaks to you harshly or critically.

- Observation: "When I am spoken to in a harsh tone..."
- Feeling: "...I feel hurt and disrespected..."
- Need: "... I need to feel valued and safe in our conversations."
- Request: "Can we agree to speak to each other respectfully, even when we disagree?"

Social Boundaries

Situation: Friends may pressure you to attend social events when you need alone time.

- Observation: "When I am pressured to attend social events..."
- Feeling: "...I feel stressed and overwhelmed..."
- Need: "...because I need time alone to recharge and care for myself."
- Request: "Could you please understand when I say no to social events and not pressure me to attend?"

Using NVC to set boundaries helps you communicate your needs clearly and compassionately, fostering healthier and more respectful relationships. Asserting your boundaries is crucial in your healing journey and self-empowerment. And remember, that you are not responsible for managing the feelings of others.

You've got this!





Reflection

Use the following page to journal about when you successfully communicated a need or set a boundary and how it impacted your confidence.

Honour these moments as steps towards growth.

Date: _____

Note Space

Date: _____

Gratitude Journal

Take note of moments when others listened to and fulfilled your requests.

Hold these memories close.

Use these to reinforce your self-worth.

Activity Suggestion

*Write a Thank You
note to those who
honoured your
request.*

This practice reinforces the positive
connections in your life.



THANK
You





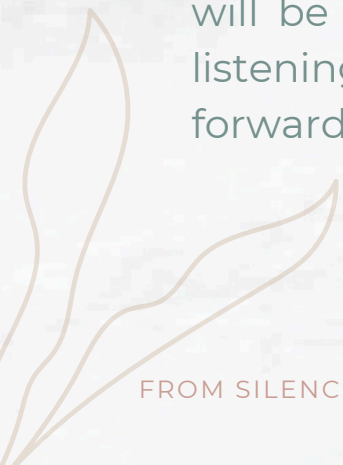
Active Listening in Compassionate Communication

Active listening is a communication technique that involves fully focusing, understanding, and responding to a speaker in a way that demonstrates genuine interest and engagement. Unlike passive listening, where the listener might hear the words but not fully engage with the message, active listening requires the listener to participate actively in the communication process.

We all know what it feels like to speak with someone and sense that they are not paying attention to what we say. This can feel disrespectful, and for some, it can trigger deep feelings of shame and low self-esteem.

If you're like me, you probably have been inattentive during some conversations in the past. It is easy to do, especially if we have not had positive communication experiences or weren't taught how.

The following pages contain a checklist that identifies healthy, active listening skills and poor listening skills. Afterward, there will be space to reflect on what you've identified about your listening skills and state a plan for improving them going forward.



Listening Checklist

Verbal Non-Active

- ☐ Interrupting
- ☐ Responding with irrelevant or incomplete remarks
- ☐ Not fully engaged
- ☐ Judgmental
- ☐ Quick to offer advice or solutions
- ☐ Changing subject abruptly
- ☐ Failure to remember details
- ☐ Lack of empathy
- ☐ Defensive reactions
- ☐ Selective hearing
- ☐ Monopolizing conversation

Non-Verbal -NonActive

- ☐ Looking around
- ☐ Arms and or legs crossed
- ☐ Checking phone
- ☐ Distracted
- ☐ Little to no eye contact
- ☐ Neutral or unfriendly facial expressions
- ☐ Appear restless

Active Listening Skills

- ☐ Ask clarifying questions
- ☐ Paraphrase and summarize
- ☐ Avoid interrupting
- ☐ Fully focused
- ☐ Body Language is open
- ☐ Give feedback
- ☐ Respond thoughtfully
- ☐ Empathize with speakers feelings
- ☐ Avoid making judgments
- ☐ Listen with intent to understand - open mindset

Active Non-Verbal

- ☐ Good Eye contact
- ☐ Fully focused attention
- ☐ Body Language is open
- ☐ Devices are out of sight
- ☐ Friendly, open facial expressions
- ☐ Relaxed appearance
- ☐ Nodding, showing interest
- ☐ Patient and open-minded
- ☐ Emotional reactions controlled



Reflection

Spend some time thinking about the way you show others that you are listening.

Acknowledge what you're already doing well.

Identify what you'd like to improve on and create an action plan (wkbk pages 54-55)

Recognizing Strengths

List the listening skills you already have.
Take note of how it feels to see that you already practice
compassionate listening skills.

List the skills you'd like to improve upon or adopt. Then write
out a plan on how and when you'd like to practice these.
Take time to ponder the outcome you wish to achieve and
when you'll know you have.

Date: _____

Note Space

Module 3

Integrate

Building Strength and
Confidence in your
Communication Skills

Opportunities to Practice

Identify **low-risk situations** where you can practice asking for your needs



Role-play these scenarios and reflect on the outcomes. Be gentle with yourself as you learn and grow.

Opportunities to Practice

Identify **medium-risk situations** where you can practice asking for your needs



Gradually increase the risk level of situations where you practice asking for needs. Honor your pace and progress.

Date: _____

Note Space

Note Space

Journal about your progress and any challenges faced. Celebrate each step forward, no matter how small.

Communication Opportunities in Safe Group Settings

Role-Playing Scenarios

- Objective: Practice empathy, active listening, and expressing needs without blame.

Participants pair up and are given scenarios involving a conflict or misunderstanding. One person plays the role of the speaker, expressing their feelings and needs using the Compassionate Communication Cube process while the other listens empathetically and reflects back what they heard without judgment. After the role-play, they switch roles.



This activity helps participants develop the ability to communicate feelings and needs clearly and to listen without immediately reacting or judging.

Empathy Circle

- Objective: Cultivate deep listening and understanding.

One person speaks about an issue or feeling they are experiencing, and the others listen without interrupting. After the speaker finishes, one of the listeners summarizes what they heard and asks if they understood correctly. The original speaker can clarify or confirm. This continues until the speaker feels understood, then the next person takes a turn.



This exercise strengthens the ability to listen with empathy and respond with understanding, which are key components of NVC or Compassionate Communication.



IMPORTANT

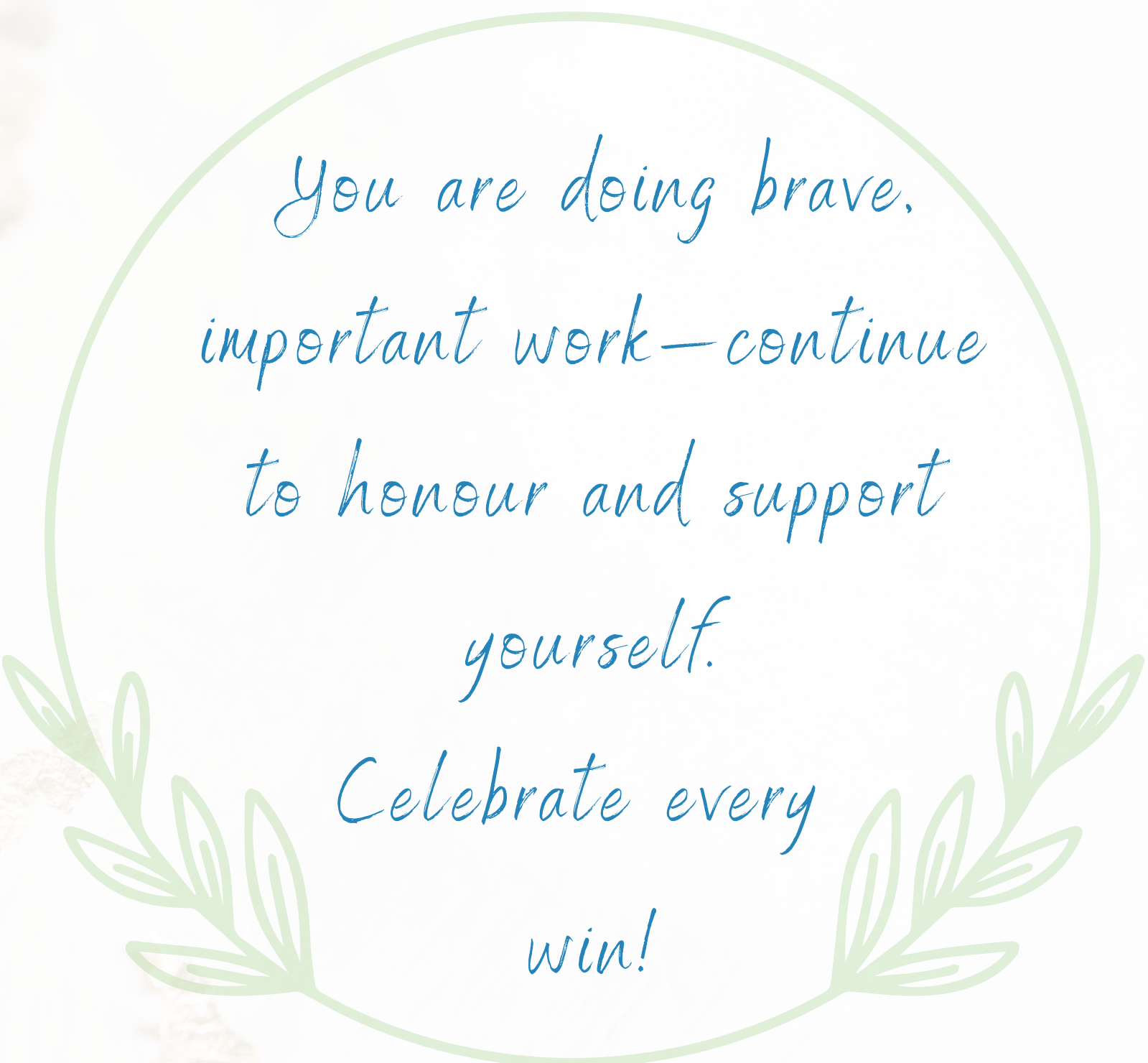
To Remember

There may be the occasional situation where you express yourself clearly, and a need won't be met or understood. Perhaps the other individual ignores your request, responds with silence, or gaslights you.

Believe me when I say this is not because of you. People who respond this way have their own challenges, which have nothing to do with you. It's possible that they never learned how to communicate appropriately, yet this is not your fault, nor is it your responsibility to educate or fix them.

I gently remind you that a negative response does not mean you or your needs are unworthy of respect --
Because they are!

You Matter!



You are doing brave,
important work—continue
to honour and support
yourself.

Celebrate every
win!

Supplimental Exercise

Compassionate Communication Exercise

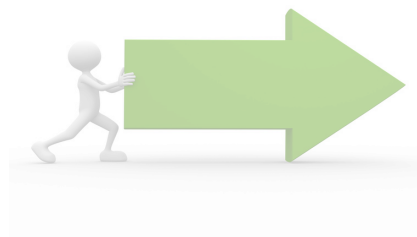
1. Write down something somebody said to you that you didn't like. Choose something that was not traumatic or triggering yet bothered you enough. Think of the exact quote; there is no need for background information.

2. Under the "F" column, write down how you feel when you think about the above. (refer to the Feelings Wheel if needed)
3. Under the "N" column, write down what you are (or were) needing and not receiving the moment you heard the words.

F	N

4. Take a minute....Close your eyes and relax. After some time, look at the list again. If you feel certain this list represents what you were experiencing then proceed. If you feel like something's missing, go back to the Feelings and Needs wheels and look again until you feel complete.

Proceed to step 5.



Compassionate Communication Exercise

5. On the left side, under the "F" column, write down what you imagine the other person was feeling when you heard what they said. If you really can't think of what they were feeling, refer to the Feelings Wheel.
6. Under the "N" column, write down what you imagine the other person was needing and not getting in the moment you heard their words. Refer to the Needs Wheel if needed.

F	N

7. Take a minute. Close your eyes and relax. Look at the list again. If you feel like something's missing, revisit the list until you are complete. If this list represents what they were experiencing, then.
8. Check with yourself and see if you notice a shift in how you feel about what was said to you or toward the person who said it. Check if you think you may have a way of thinking about this that wasn't there before or if you just feel less upset than when you started. If you do, then you've had a shift.

You've consciously moved yourself toward compassion.

If you feel the same or worse you may want to try again with the same quote or one on a subject that's not as "hot" for you.

Please note: About 20% of people who do the exercise DO NOT shift on the first time through. 100% of people who keep trying eventually do.

HINT: People who practice this repeatedly report more success in "shifting." It's like developing a muscle.

Taken from <https://www.nycnvc.org/the-exercise/#step10>

Note: Understanding what happened is not the same thing as excusing disrespect or abuse.



Reflection

How are you feeling right now?

Spend some time reflecting on your work going
from silence to strength.

What insights have you gained about yourself, your
needs, and your feelings?

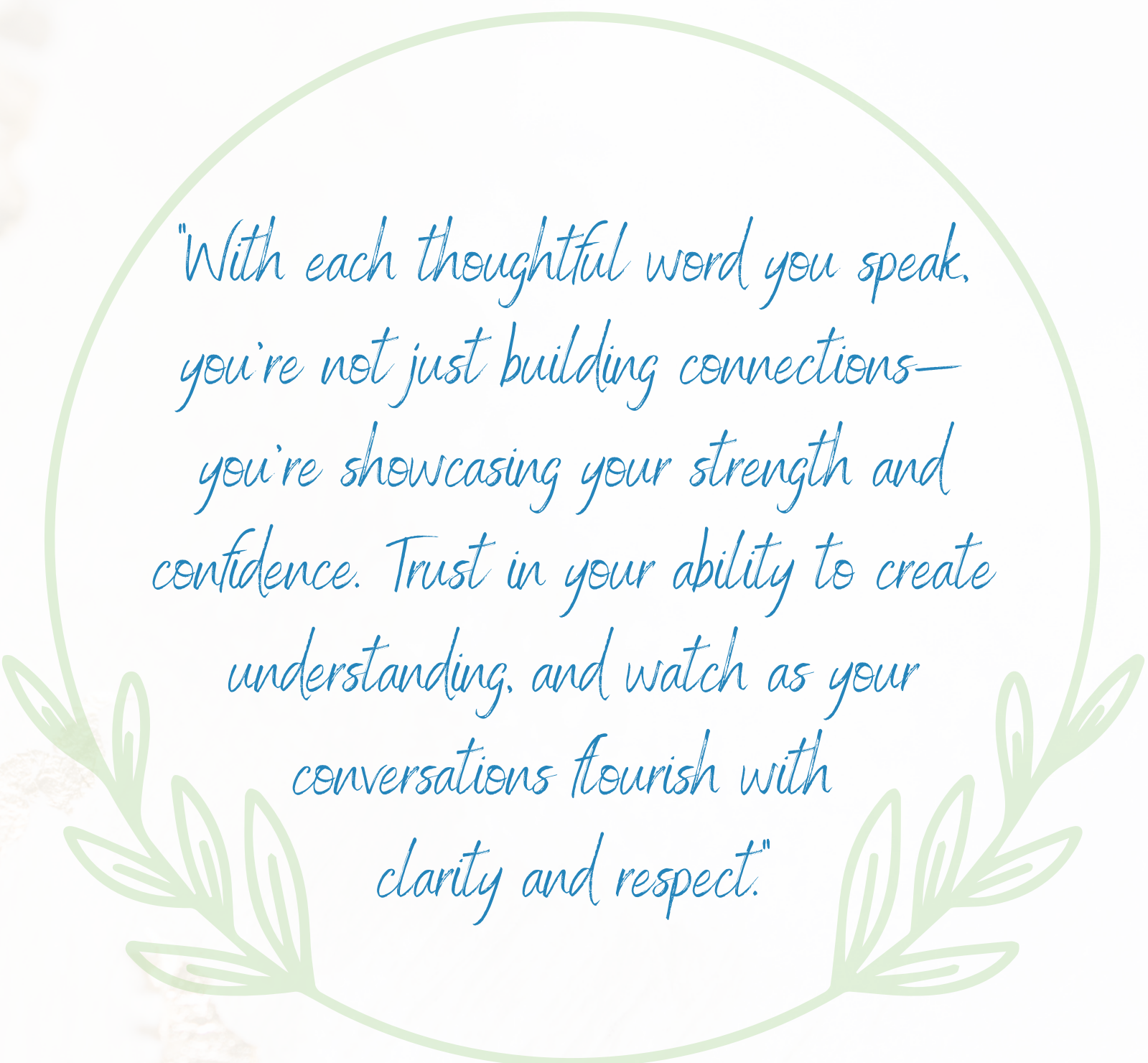
How do you feel about your communication skills now?

Date: _____

Note Space

Date: _____

Note Space



"With each thoughtful word you speak, you're not just building connections—you're showcasing your strength and confidence. Trust in your ability to create understanding, and watch as your conversations flourish with clarity and respect."

Action Steps


Reflect on what you've learned and consider one or a few small changes you can make to improve your communication. Write it down and commit to trying it out **daily**.

This is an exercise in commitment to growth with compassion and empowerment.

1



2



Action Steps

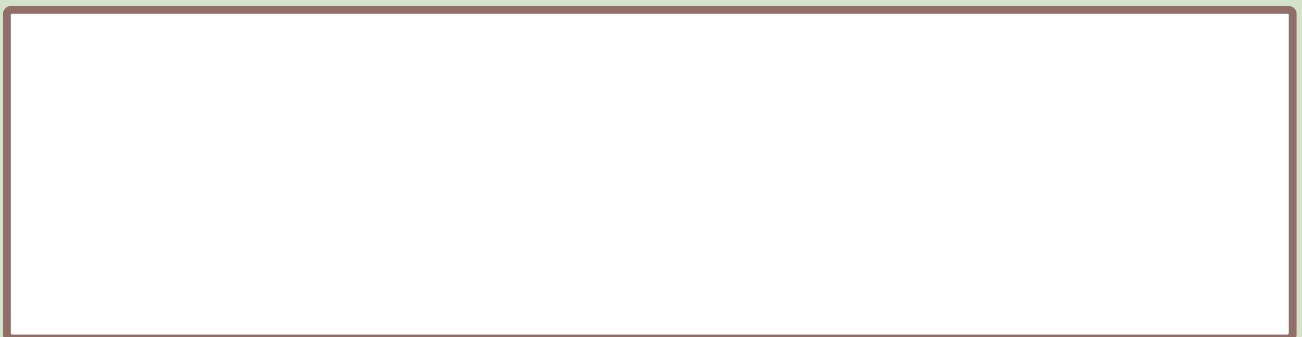
Reflect on what you've learned and consider one or a few small changes you can make to improve your communication. Write it down and commit to trying it out **weekly**.

This is an exercise in commitment to growth with compassion and empowerment.

1



2



Evidence of Integration

THEN

vs

NOW

Frequent misunderstandings

Avoidance of difficult conversations

Lack of active listening skills

I don't know what I need

Assuming others know what is bothering you or that they've mistreated you

Don't say anything or ignore how you feel

Name what else you struggled with below

Clear and concise messaging

Confidently have difficult conversations with compassion and connection

Open and honest dialogue

Clear on what you need and your boundaries

Confidently ask for what you need believing you are worthy

Listen to your body and confidently ask for what it needs



A Compassionate Apology

Another piece of compassionate communication is apologizing.

The healing journey involves owning our behaviours and choices.

It's true that we may not have realized how much childhood experiences dominated our thinking, behaviours, and verbal expression. While the abuse wasn't our fault, we are responsible for how our trauma impacted others.

When we know better, we do better, right?

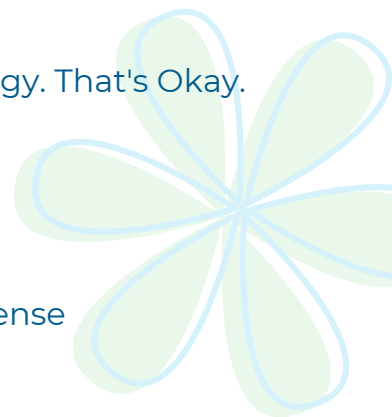
Therefore, when we've detoxed enough from the feelings of toxic shame the ability to apologize without making excuses manifests. We accept that we are imperfect and have made mistakes and will continue to do so. Making mistakes does not mean we are inherently wicked or bad, rather it's evidence of the global imperfect human condition that you and I have.

It is possible you have not witnessed an emotionally intelligent apology. That's Okay.

We can always learn.

A compassionate apology includes:

- (1) naming what you did
- (2) expressing feelings of remorse
- (3) stating how you'll ensure not to repeat the offense
- (4) asking what they need from you for recovery
- (5) asking for forgiveness.



Example: I am deeply sorry for...*(name specific behaviours)*

I feel...*(sick about it, ashamed of myself, disappointed in myself...)*

Our relationship is important to me. I am..... *(educating myself, taking a course on..., seeing a therapist, etc)* so I don't repeat this.

I'm hoping to *(earn your trust / make amends / fix what I did, etc.)*

When you're ready please let me know what you need from me to.....

(show I'm truly sorry, earn your trust, etc)

I hope that you'll be able to forgive me, one day.

Did you notice that there is no excuse or explaining in this apology?

Taking ownership is a sign of emotional maturity.

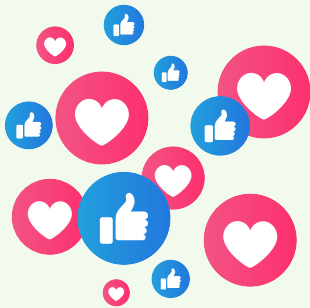


Resources



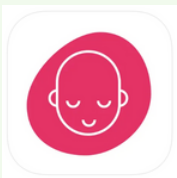
Feel free to book a 1:1 coaching session with me if you're seeking additional support or need more clarity. If you're in the highest membership tier, you have one 1:1 session included. I encourage you to make the most of this valuable resource as you progress through the program.

A warm reminder to take advantage of the group support.



@Jefferson_Fisher

Jefferson Fisher on Instagram is a trial attorney and he teaches people how to communicate. He is on FB and IG.



Build Confidence
with AJ APP
Andrew Johnson
Meditations



Six behaviors to increase your confidence Emily Jaenson

Emily became the first female in Triple-A to hold the GM role in nearly 20 years. She shares her experience in building her own confidence. She started with the behaviours associated with the attitudes.



Suggested Reading

The Next
Conversation, Argue
Les, Talk More by
Jefferson Fisher

Non-Violent
Communication by
Marshall Rosenberg

Self-Love Workbook
for Women by
Megan Logan

Complex PTSD -
From Surviving to
Thriving by Pete
Walker

Take a moment to congratulate
yourself for taking the time
to work through this workbook -
Your journey toward developing
confidence and strength in the
way you communicate.

Mastering compassionate communication is
another way to overcome the impact
of childhood trauma.

Yay You!!

You did it!!!



It's an honour to work with you; please reach for extra support along your healing journey.

Remember that YOU matter.



Contact:

hiltoncoachingconsulting.com

Lisa@hiltoncoachingconsulting.com

