

LOOK LIKE ME

THE CULTURE OF GRATITUDE



SUMMARY

In the nonviolent communication (NVC) model by Marshall Rosenberg, expressing gratitude should include 3 elements:

- the action that was good for us,
- our needs, which were thus met,
- feeling induced by the fulfillment of these needs.

"You did this and this, I feel this and this, you fulfilled this and that of my needs" Not referring to the emotions and needs puts us in the role of the evaluator.

According to NVC, we should learn to accept gratitude with the same empathy with which we listen to other messages, because many people are unable to accept gratitude.

OBJECTIVES



OUTCOMES

- **EXPRESS GRATITUDE**

By referring to the specific action, our needs and feelings

- **APPRECIATE**

The way that honors, not manipulates

- **ACCEPT GRATITUDE**

without a feeling of superiority, but also without false modesty

- **INTRODUCING THE CULTURE OF GRATITUDE**

Most people desire it a lot

- **PRAISING "FOR FREE"**

The charm disappears when people notice that gratitude is a way to achieve something

- **FEELING APPRECIATED**

understood and recognized



ACTIVITY IDEA

IMPLEMENTING GRATITUDE

Activity bringing gratitude to the classroom may have a transversal character: a gesture or a sentence may be set in a group as a form of expressing gratitude to somebody. And during other activities when someone wants to appreciate the other person - may interrupt and use the common group gesture or sentence that expresses gratitude and praises.

The idea of the activity comes from the source literature below (especially 2nd title)



REFERENCES

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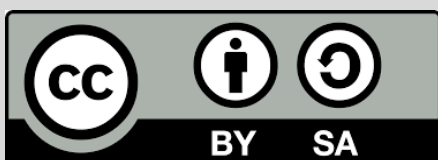
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Authors

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