



Reclaiming Our Own & Our Children's Innocence

NVC Conference, Feb 23



Aya Caspi, CNVC Certified Trainer, aya.openheart@gmail.com



Innocence = Trust

- We come to this world innocent. Trusting that our vulnerability and needs will be cared for by life (if we cry we will be fed, if we share what is going on for us we will be understood, etc)
- And then, when divergence arises, we are met with judgement, blame, shame, threats, demands, criticism, comparisons, punishment, rewards, etc.
- As a result we suffer from collective trauma that manifests as separation from self and others, and loss of trust in life.

What is a judgement?

- A manifestation of right/wrong thinking.
- Anything that implies wrongness / badness / rightness / goodness

Examples:

- **Moralistic Judgements:** you are so lazy, selfish.
- **Praise:** Good boy. You are very nice.
- **Comparisons:** Why can't you be clean like your sister ?
- **Blame:** You make me angry ! It's your fault that we are late !
- **Shoulds/demands:** You should not eat candies, you have to do your homework.
- **Guilt tripping:** If you cared about me you would have done as I asked.
- **Shaming:** I've never met anyone as disrespectful as you !
- **Deserve thinking:** You don't deserve going on this trip.

All of the above are self-applied as well...

The cost of judgement

1. **Disconnection** from the other person and from my own humanity /innocence: 1. Superiority 2. labeling
2. **Likely to register as a threat /hostility-** 1. Contributes to fear and loss of trust in self and other 2. Doesn't help us meet our needs.
3. **Disempowerment-** everytime we judge we give up our power to the other person (give them the power to do us wrong).
4. **Passing on intergenerational trauma** by teaching our kids to distrust themselves and others, judge and separate.
5. **More alarming for kids' brain** - ongoing judgement is likely to register as a threat to belonging and safety / secure attachment.

What needs are we trying to meet when we judge?

1. Habit/Ease - how we were trained to make sense and interpret the world within the field of distrust and right/wrong thinking.
2. We don't trust that we can affect change just by sharing the impact on us (our kids won't care, we don't matter).
3. A way to protect our wounded vulnerability - easier to focus on what is wrong with others than on revealing our feelings.
4. Leaning on external authority (righteousness) as a way to gain more power for our position.

Radical Compassion for ourselves

1. Every judgement is a tragic expression of our beautiful human needs.
2. None of us invented right/wrong thinking. We inherited it from our culture without any choice.
3. Structural conditions make it very hard to find the internal and external resources to shift the way we think:

Internally - function at low capacity (traumatised from our childhood, overstretched, isolated from community, self judgement)

Externally - Everything around us supports separation, no support systems for parenting differently.

4. Mourning softens our hearts and connect us with what we love and care for.

- Reflect on a moment when you were judged as a child. What was the impact on your heart?
- Reflect on a moment when you judged your child. What was the impact on your heart and theirs?

Reclaiming Innocence with NVC

Assuming trust that everything we and our kids do or say under all circumstances, is an attempt to meet our shared human needs.

"If you trust yourself - you will know how to live"

~ Gheté

See Me Beautiful

See me beautiful
Look for the best in me
That's what I really am
And all I want to be
It may take some time
It may be hard to find
But see me beautiful

See me beautiful
Each and every day
Could you take a chance
Could you find a way
To see me shining through
In everything I do
And see me beautiful

- Watch on YouTube:https://www.youtube.com/watch?v=M_f8g9zV3dA

The love of nonviolence...

“When we treat a man as he is, we make him worse than he is. When we treat him as if he already was what he potentially could be. We make him what he should be.” ~ Goeth

Victor Frankl: Man In Search of Meaning

http://www.youtube.com/watch?v=fD1512_XJEw&list=FLddTGN2_-VBdAScP5g7wRdQ&index=28

What story can we tell that maintains everyone’s innocence and still rings truth?

Rumi:

“Protect yourself from your own thoughts”

- Our words are a reflection of our thoughts, and our thoughts are a reflection of our consciousness.
- To love and protect our children means to shift our right/wrong thinking to assuming their innocence.
- We can't love ourselves or our children when we judge.
- We can choose to use the “coded” information in our own, and in our children's judgemental thoughts to connect with the innocence beneath them.

Practice

1. Write down yours/your child's judgmental thought.
 2. What is it that I /my child don't want.
 3. Flipping to positive language: what is it that I / my child do want.
 4. Connecting with the layers of the needs: If I/my child get this thing that we want, what would that give me/my child?
 5. Dwelling in the innocence of the need/longing.
 6. What do I want to do or say next to embody my longing?
- It's critical to build self-trust that letting go of judgement doesn't mean giving up on what I need by making an agreement with myself on how how I am going to care for my needs.