



LoveAlive

Conscious Hearted Communication The 12 Principals

Center = Internal World of Individual Inner Process

1. **Create Inner Clarity**
2. **Self Regulate Emotions & Behaviour**
3. **Accept the Truth so you can work with the Truth**

Middle Ring = Open Hearted Pathway = Vulnerable / Undefended / Seek to understand / show good will Calming Defences

- 4 **Listen Deeply with Empathy**
- 5 **Acknowledge what you are Hearing & your Impact**
6. **Ask Quality Questions**

Foundations for healthy relationships

7. **Express a Congruent Relationship Message**
8. **Be Vulnerable & Flexible**
9. **Express Appreciation**
10. **Share What you are Experiencing Without Projecting Blame or Judgment**

Outer Ring = Cycle of Reciprocity

Behaviour Flowing through Open Hearted Pathway Between Inner & Outer

11. **Express your Feelings & Needs**
12. **Make Realizable Requests**

***13 Accept the Truth so you can work with the Truth**



Conscious Hearted Communication

