

**NEW PARADIGM:  
(Diamond Anger)  
The Game of Giving & Receiving**



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**GOALS**

- To make life wonderful
- To meet everyone's needs
- To create community
- To have power *with* others

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**MOTIVATION:**

Joy and meeting everyone's needs

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**FRIENDLY LANGUAGE:**

- I See and/or Hear (specific action)
- I Share my needs and feelings
- I Make Requests

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**When I LISTEN as a Friend with my heart**

I hear your feelings and Needs

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**OLD PARADIGM:  
(Defensive Anger)  
The Game of Naming & Blaming**



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**GOALS**

- To be right
- To get what I want
- To be the best
- To be on top

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**MOTIVATION:**

Fear, Guilt, Shame or to Impress

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**BLAMING LANGUAGE:**

- I Judge and analyze what you do
- I Blame and criticize you
- I Make demands of you
- I Use punishments and rewards

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**When I LISTEN without my heart**

- I Agree or Disagree
  - I tell you what to do
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# Sharing yourself and Listening to others With the Giving and Receiving Game



## Sharing from my Heart

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**OBSERVATION: (No Judgment/Evaluation)**

When \_\_\_\_\_ happens

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**FEELINGS:**

I feel...

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**NEEDS:**

Because I am needing ...  
Because I was wanting...  
And I'd enjoy ...  
And I'd appreciate ...

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**REQUESTS:**

And I was wondering if you'd be  
Willing to...  
Open to ...  
Interested in...

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## Hearing with my Heart

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**OBSERVATION: (No Judgment/Evaluation)**

When \_\_\_\_\_ happens

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**FEELINGS:**

Do you feel...

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**NEEDS:**

Because you are needing ...  
Because you want...  
And you'd enjoy ...  
And you'd appreciate ...

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**SINCERE OFFER:**

And would you like... (specific action)

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