

EXPRESSING NEEDS

The MNOs

of communication

Materials: Worksheet copies, chart paper, scissors, marker, tape, timer

Directions: Cut a large triangle from chart paper, label the points M, N, O (see illustration) and tape it to the floor. Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

The death of a loved one is shattering. We can feel alone and frightened, with nowhere to turn.

And unsure of just who to turn to.

Grief can make it difficult to communicate our sorrow and needs.

The goal of today's activity is to communicate our needs in a healthy way and have them understood by others.

ACTIVITY INSTRUCTIONS

- 1 We'll use the MNOs of communication to express our needs:

M = feeling N = behavior O = change in response

The MNOs will help us use "I" statements when we're talking about ourselves. For example:

To express a feeling (M), you could say, "I feel lonely."

To express a behavior (N), you could say, "When I feel lonely, my face looks sad."

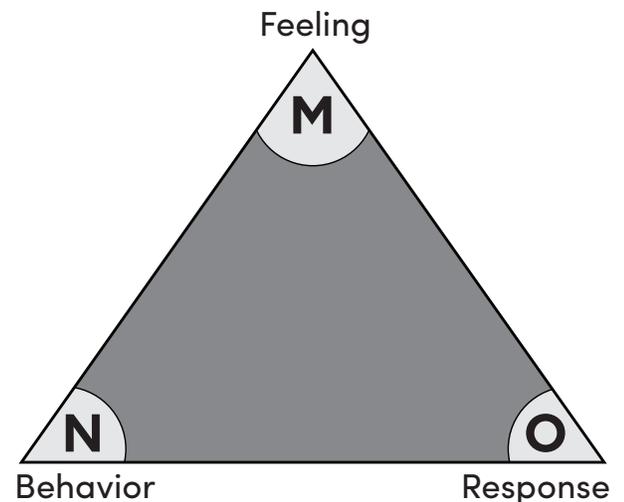
To express a change in response (O), you could say, "When I feel lonely and my face looks sad, I want to see friends and smile."

- 2 Using the triangle, we'll take turns saying an "I" statement starting with the letter M to express a feeling. Then, we'll move to N and express a behavior. And finally, we'll move to O and express how we want to change our behavior. We'll do the activity for 10 minutes.

(Set the timer for 10 minutes.)

- 3 When the timer sounds, let's discuss the following questions:

- What did you learn from the activity?
- How can this form of communication express your needs when you're grieving?



Source: San Diego Hospice and Institute for Palliative Medicine Intern Training Program

Note: A qualified adult will facilitate all Grief activities.

