

EXPRESSING NEEDS

The MNOs

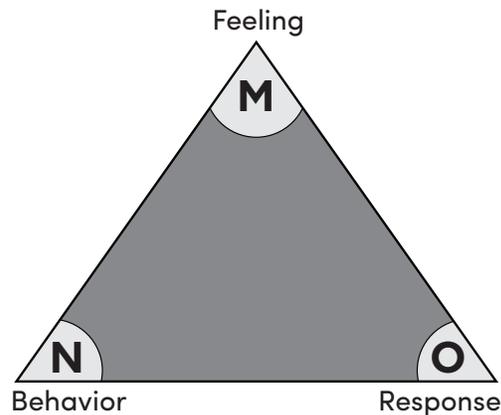
of communication

Materials: Worksheets, chart paper, tape, marker

Directions: Create a triangle with chart paper, tape it to the floor and label the points M = Feeling, N = Behavior and O = Response. Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

When a loved one dies, it can be difficult to communicate our needs. We'll use the MNOs of communication to help express our needs.

For this type of communication, **M** means feeling, **N** means behavior, and **O** is a change in response. This will help us use "I" statements better when we're talking about ourselves.



For example:

To express a feeling, which is M, you might say, "I feel lonely."

To express a behavior, which is N, you might say, "When I feel lonely, my face looks sad."

And to express a change in response to that behavior, which is O, you might say, "When I feel lonely and my face looks sad, I want to see friends and smile."

Discussion questions

- ▶ What did you learn from this activity?
- ▶ When you're grieving, how can you use this form of communication to express your needs?

The goal is to communicate your needs in a healthy way and have them understood by others. We'll use the triangle on the floor to practice making our "I" statements. Taking turns, you will start on letter M and express a feeling. Then, you'll bunny hop to N and explain the behavior. And finally, you'll bunny hop to O and say how you want to change your behavior in the future.

Let's do the activity a few times and then discuss what we learned.

