



## Ho'opono pono

The Hawaiians have the following basic assumptions: in the language of the NVC it would mean:

All and everything are connected.

I want to take care of my needs and at the same time have the needs of others in mind (interdependence).

We create our world ourselves.

We always do the best we can to meet our needs.

### The approach

1. **empathy / self-empathy**

*"If I were the person in question, I would have the following feelings and needs..."*

2. **sense / humor**

*"I would have created this situation for myself because..."*

3. **I take responsibility for it / acceptance**

*"I agree, accept that I'm doing what is possible for me I can at every moment..."*

4. **I regret that it is as it is right now**

*"I am sad / I regret because I cannot meet the following needs."*

5. **let go / trust**

*"I trust it makes sense..."*

6. **appreciation / gratitude**

*"I can see that I have met needs too, for... for..."*

7. **Love**

*"I connect with this part of me and I take it into my heart..." or*

*"I love myself/this part of me..."*



**Here's an example:**

1. empathy / self-empathy  
***"I have a cold and need rest and recuperation."***
2. sense / humor  
***"I created this cold to give me peace and rest."***
3. I take responsibility for it / acceptance  
***"The best thing I could do right now was to catch a cold."***
4. I regret that it is just  
***"I am sad because my need for ease and growth is not met."***
5. let go / trust  
***"I trust it makes sense that I have a cold now."***
6. appreciation/gratitude  
***"I can see that my cold also fulfills my need for rest and recuperation."***
7. Love  
***"I connect with this part of me that allows me to rest and relax, and take it to my heart..." or***  
***"I love myself for creating the cold and giving myself peace and rest."***