

Being Heard, Not Fixed

Her clearest, most repeated frustration: people shift into fixing mode the moment she's vulnerable, and it diminishes her.

What this lesson covers

- “I'm not looking to be fixed or guided — just heard”
- Why fixing energy feels diminishing, even when well-intended
- The NVC formula: “I feel ____ because I have an unmet need for ____”
- Responding instead of reacting — waiting a day before replying
- Who's actually equipped to just listen (often, people who've survived their own crisis)

HOME EXERCISE *Someone recently tried to fix or guide me when I just wanted to be heard:*

Using the formula — I feel ____ because I have an unmet need for ____:

One person I trust to practice this formula with:

BEFORE NEXT MODULE: Use the feelings-and-needs formula once this week, out loud or in writing, with that person.