

## COACHING OFN-R HANDOUT

1. Let's say I've shared with my client some Learning Resources on my [johnkinyon.com](http://johnkinyon.com) website (books, handouts, videos, and more).
2. At the beginning of the coaching (or pre-mediation) call, I start by asking how they are doing, and then what they want to focus on that session. For this session I say I'd like to go over with them the OFNR distinctions, using the situation they want to work on.
3. Next, speaking to them I say something like, "Let's start with Observation vs. Evaluation/Judgment. Bring the memory of this situation that was difficult for you into your mind. Can you see the other person's actions and body language? Can you hear words being spoken? There is a certain tone, rhythm, volume of voice. As you observe what happened in your mind, can you also observe how you are evaluating what happened, your judgments? What you are observing about what happened and your judgments?" As they talk I point out how I see the difference. I then might say, "Can you experience yourself as observing awareness, witnessing your perceptions of what happened and your judgments of this?"
4. "Ok, now let's go to Feeling vs. Thinking/Faux Feelings. As you observe what happened, what do you feel in your body, the sensations and emotions?" As they talk I point out the how I see the difference. I invite them to look at the Feelings sheet. I also ask them to not only put words to their body feelings but also to experience and feel the sensations as deeply as they are willing. I then might say, "Can you experience yourself as awareness being aware of your mind thinking and your body's feelings coming and going?"
5. "Going to Needs, as you are aware of your thoughts and feelings, what needs are at the source of them? What are you wanting at the universal, human level?" As they talk I help them distinguish needs from strategies/wants. I invite them to look at the Needs sheet. I also ask them to deepen into just the needs themselves, more and more separating need from strategy, from the other person, and keep coming back to feeling the sensations of the body. I also might ask them to use their imagination to experience all human beings needing these needs. We belong to the same human family, and the family of life on Earth. We all need these qualities to survive and thrive. They are important and vital to us all. Through needs we are all connected with each other and to the whole of life. And we all suffer together when they are not met. Our joy and pain make sense.

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6. I offer Requests in a separate session. At the end of this session I debrief by asking how the session was for them and if they have any questions. Then we talk about what they would like to do to practice on their own. [see separate handout on Homework]