

## **More About WeGROK**

### ***Why WeGROK?***

It's common to experience bumps, curves, and ruts along relationship road. And, uncomfortable times can be like teachers or wake up calls for us to improve our communication skills and grow as human beings. Once we stop pointing the finger at the other person to change or be different, we get to examine and improve our own ways of relating to one another.

Whether your challenge is with a partner, a friend, a family member, work associate, neighbor, or anyone else in your life, WeGROK can support you in working out your differences. Your decision to choose to work on this relationship demonstrates your willingness to look at your own communication skills and discover new ways to relate.

### ***What is WeGROK?***

Unlike our other GROK products, *WeGROK For Two* is more of a *process you follow* than a *game you play*. WeGROK is designed to walk you through a sequence of structured activities honoring the needs of both parties. It has been called a "mediation in a box" because it creates a container for both of you to hear and understand one another.

At first, you may find the process a bit cumbersome. And, once you have familiarized yourself with the process and have used it once or twice, you will discover ways to modify it. At times you may just want to use the Feelings and Needs/Values cards for emotional or values clarification. At other times, you will find it helpful to express your intention before speaking. The 'Connection Dialog' can be used in any conversation, no matter how short or deep.

### ***How does WeGROK work?***

WeGROK is based on both Nonviolent Communication (NVC) and time-honored mediation processes that help people find common ground. Once two people agree they want to better understand one another using the WeGROK process, they choose a quiet place and time to sit down and follow these steps: 1) Intention 2) Feelings/ Needs cards 3) Connection Dialog Process with a designated Speaker and designated Listener who recaps what is said by Speaker 4) Brainstorm/Requests/Offer and 5) Appreciation. Each of these steps is designed to support deep listening, empathy, and understanding.

If you are uncertain the two of you can commit to following the process, you may decide to invite a trusted friend, skilled communicator, or NVC practitioner to support you along the way.

### ***What about legal or professional help? (this really needs work)***

There may be times when something is so complex, difficult, or beyond your capacities that you may decide you need lawyers or mediators. That is perfectly understandable—each situation is different and unique. What's important is that you are able to find resolution in stuck places and move forward.