

*I am not easily frightened. Not because I am brave but because I know that I am dealing with human beings, and that I must try as hard as I can to understand everything that anyone ever does.*

—Etty Hillesum, Holocaust Survivor



Compassionate Communication suggests that improving the quality of our relationships is a primary goal. Indeed, that connection with ourselves and other people takes a higher priority than being right, winning, making more money, or looking good to other people. If you focus on *improving the quality of your relationships* through deeper connections, you will improve the state of your life, enhance the peace and love in your life, and feel better about yourself.

I learned this through personal experience. I worked from time to time with a business colleague. Over the years, our relationships deteriorated to the point where we had no civil connections with each other. Our association was worse just as I was starting to look at how I contributed to the angst in my relationships. As a result, I started to focus more on my connections with people rather than trying to be right or to win arguments. Within a remarkably short time, my colleague was telling me how much she admired the changes.

Courtesy of Mary McKenzie, Certified NVC Trainer