



Conscious Communication

Themes and Issues

Basic Themes and Issues

(The following text refers to a chart on the next page. I regret that you may have to scroll back and forth. I hope to resolve this problem in the future)

The following are some of the common themes in communication where we can empathize with another person. The need for security is foremost. This concern is the root of fear. Through bereavement, humiliation, tyranny, or loneliness, we wonder: "Will we be able to continue?" With security, we can....

1. Security- A lack of security brings fear, anxiety, worry, etc. We are afraid of the possibility of abandonment, of alienation, of being excluded from the community. Quietly we undergo stress, concerned we are not as physically, mentally, emotionally or economically appealing as we would like to be. Even more profoundly, we fear annihilation: we fear for our physical, economic, emotional or mental survival.

2. Loss- Loss brings sadness, grief, etc. We suffer loss through:

- a) Death: of loved ones, friends;
- b) Parting of things destroyed or stolen, or the Leaving: of loved ones, friends, a break-up or divorce;
- c) Rejection: by another, of employment or a proposal;
- d) Reduced position or status: demotion at work, censure by family, friends, or community;
- e) Failure: unfulfilled desires and/or dreams;
- f) Disability: loss of physical or mental abilities through aging, illness, accidents, or violence.

3. Control- A lack of control brings frustration, anger, uncertainty, etc. We can lose control in our sense of autonomy, that we are human beings who can choose what we want and how we will pursue fulfillment of our goals. We can be frustrated when we don't get our way at work, in our sex lives, in our child rearing, in time we have together or apart from our

friends or mates. We can feel impotent in our inability to influence another, or angry with the influence of another, when we sense an imbalance in the power among people, the sharing of leading and following. We may feel we need control over our possessions, and feel angry about the theft, loss or misuse of our possessions by another. We may want to control our physical space, and maintain psychological boundaries about ourselves.

4. Recognition- A lack of acknowledgment or appreciation brings frustration, anger, sadness, and alienation. We want to be recognized for something done, such as work, a favour, a gift. When we are ill or depressed, we want empathy. We want to have our thoughts or ideas heard. We want our presence to be noticed, whether arriving or leaving. We need to be contributing members of our society and acknowledged for it.

(Scroll down for next page)

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The following are some of the common themes in communication that we can empathize with another.

Celebration:
(joy, happiness, ecstasy, etc.)
Love: being loved by someone, loving someone
Achievement: skills developed, task completed (for self)
Recognition: tasks completed - honours/ awards, for skills developed - appreciation (for self and others)
Play and leisure: hobbies, relaxation, pleasure, adventure through learning or travel
Something newly acquired: such as a house, car, jewellery, etc.

