

As you listen to "Tell Christy I Love Her," take notes below, using:

- Danielle Sered's framework about the driving forces of violence (i.e. shame, isolation, exposure to violence, and inability to meet one's economic needs)
- [Non-Violent Communication Needs Inventory](#)

### Example

Podcast Reflection Notes	Tom Morgan	Christy Morgan	Jason Samuel
One of the four driving forces of violence at work	<b>Exposure to violence:</b> Tom's police training celebrated him for using violence as a solution to problems		<b>Inability to meet his economic needs:</b> Jason struggled to provide basic necessities like food for his younger siblings
An underlying need that was <i>UNMET</i>	Tom's training taught him not <b>to trust</b> the people he was policing, especially in under-resourced neighborhoods	<b>Physical movement:</b> Christy was unable to get off the couch for years, as she sank into a depression	<b>Shelter:</b> Jason was living out of his car, without a stable place to live and sleep
An underlying need that was <i>MET</i>	While sitting at Jason's parole hearing, Tom began <b>to understand</b> about Jason's childhood and the conditions that he grew up under	Christy was able <b>to choose</b> to be Tom's support person, which allowed her to decide to participate in a restorative conversation with Jason	Tom offered Jason powerful <b>support</b> by speaking on Jason's behalf at his parole hearing

### Student Name

Podcast Reflection Notes	Tom Morgan	Christy Morgan	Jason Samuel
One of the four driving forces of violence at work			
An underlying need that was <i>UNMET</i>			
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