

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

Student Name

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