


What is *Nonviolent* Communication?

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Nonviolent Communication is the integration of 4 things:

- **Consciousness:** a set of principles that support living a life of compassion, collaboration, courage, and authenticity
- **Language:** understanding how words contribute to connection or distance
- **Communication:** knowing how to ask for what we want, how to hear others even in disagreement, and how to move toward solutions that work for all
- **Means of influence:** sharing “power with others” rather than using “power over others”

The 4-Part Nonviolent Communication (NVC) Process

How You Can Use the NVC Process 	
Clearly expressing how I am without blaming or criticizing	Empathically receiving how you are without hearing blame or criticism
OBSERVATIONS	
1. What I observe (<i>see, hear, remember, imagine, free from my evaluations</i>) that does or does not contribute to my well-being: “When I (<i>see, hear</i>) . . . ”	1. What you observe (<i>see, hear, remember, imagine, free from your evaluations</i>) that does or does not contribute to your well-being: “When you <i>see/hear</i> . . . ” <small>(Sometimes unspoken when offering empathy)</small>
FEELINGS	
2. How I feel (<i>emotion or sensation rather than thought</i>) in relation to what I observe: “I feel . . . ”	2. How you feel (<i>emotion or sensation rather than thought</i>) in relation to what you observe: “You feel . . . ”
NEEDS	
3. What I need or value (<i>rather than a preference, or a specific action</i>) that causes my feelings: “. . . because I need/value . . . ”	3. What you need or value (<i>rather than a preference, or a specific action</i>) that causes your feelings: “. . . because you need/value . . . ”
REQUESTS	
4. The concrete actions I would like taken: “Would you be willing to . . . ?”	4. The concrete actions you would like taken: “Would you like . . . ?” <small>(Sometimes unspoken when offering empathy)</small>