

STIMULUS: triggered by areas under the Iceberg Metaphor's waterline



Flow of NVC

Nonviolent Communication



Choice

Empathetic Curiosity

Active Listening

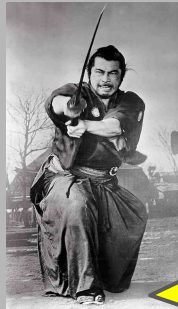
Request

What do you notice / observe?

Needs

Feelings

Habitual Thoughts & Actions



Getting Hooked

Getting Unhooked



Look for the gold nugget