

NVC

By Marshall Rosenberg

Process for conscious intention of connecting with people through empathy & compassion.

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| <p>State OBSERVATION without evaluation or personal judgment.</p> | <p>Observation: I notice that when I get home at 6pm, the school bags, shoes, socks are all over the living room.</p> | <p>Observation: [TO A TEENAGER] I notice that when you hang out with Rufus or go out with him</p> | CASE 1 | CASE 2 |
| <p>Name FEELING without criticism or blame.</p> | <p>Feeling: When I'm tired from work, seeing all the clutter makes me feel anxious, like things are out of control.</p> | <p>Feeling: I feel worried and anxious.</p> | | |
| <p>Name deep HUMAN NEED (trust, peace, understanding, etc)</p> | <p>Need: I need order in our house at the end of the day which gives me some level of calm.</p> | <p>Need: I need reassurance that you will be OK.</p> | | |
| <p>A sincere positive REQUEST of what we want (not a negative - what we "do not want," & not a demand). THEN ADD + Positive effect on you if that need/request was met.</p> | <p>Request: Will you please brainstorm with me to find a way to make our house more organized at the end of the day? That would make me feel peaceful & more energized.</p> | <p>Request: Even if it's late at night, and you feel like you are not safe, you may call me even if I'm asleep. Would you do that? That would make me feel calmer.</p> | | |