

Nonviolent Communication (NVC)

What?

NVC (Marshall B. Rosenberg) is a way of dealing with each other that aims at the peaceful resolution of conflicts. The focus is on values and needs that all people have in common as well as the assumption of responsibility and improvement of the quality of the relationship.

Why?

NVC helps to:

- create connections with others that are more satisfying
- identify needs that are consistent with our values and those of others
- heal past painful or unsuccessful experiences and relationships
- dissolve feelings of guilt, shame, fear and depression
- find solutions based on mutual consideration, respect and consensus

OBSERVATIONS

What I observe (see, hear, perceive, free from judgement or criticism) that contributes to my well-being or not: "*When I see, hear...*"

FEELINGS

How I feel (sensations, emotions) in relation to what I observe:
"*I feel...*"

NEEDS

What I need or appreciate that causes my feelings:
"*...because I need / care about...*"

PLEAS

The concrete action I would like to see from the other person:
"*Would you be willing to...*"