

The Basics of Nonviolent Communication

First: What is NVC?

- NVC is founded on *language and communication skills* that strengthen our ability to remain human, even under trying conditions. It guides us in reframing how we express ourselves and hear others. Instead of being habitual, automatic reactions, our words become conscious responses based firmly on an awareness of what we are perceiving, feeling, and wanting.
- We have 4 options for receiving negative messages:
 1. Blame ourselves
 2. Blame others
 3. Sense our own feelings and needs
 4. Sense others' feelings and needs

There are four components to NVC:

1. **Observations:** the concrete actions we observe that affect our well-being.
2. **Feelings:** how we feel in relation to what we observe.
3. **Needs:** The needs, values, desires, etc. that create our feelings.
4. **Requests:** The concrete actions we request in order to enrich our lives.

There are two "Action Parts" to NVC:

1. Expressing honestly through the four components
2. Receiving empathetically through the four components.

In NVC, we want to avoid forms of communication we call "The Four D's:"

1. Diagnosis, judgment, analysis, criticism, comparison
2. Denial of responsibility
3. Demand
4. "Deserve" –oriented language