

How you can use the NVC Process

Honestly expressing how
I am without blaming
or criticizing

Empathically receiving how
you are with out hearing
blame or criticism

-----OBSERVATIONS-----

1. What I observe (*see, hear, remember, imagine, free from my evaluations*) that does or does not contribute to my well-being:
"When I see/ hear . . . "

1. What you observe (*see, hear, remember, imagine, free from your evaluations*) that does or does not contribute to your well-being:
"When you see/hear . . . "

-----FEELINGS-----

2. How I feel (*emotion or sensation rather than thought*) in relation to what I observe:
"I feel . . ."

2. How you feel (*emotion or sensation rather than thought*) in relation to what you observe:
"Are you feeling . . .?"

-----NEEDS-----

3. What I need or value (*rather than a preference, or a specific action*) that causes my feelings:
". . . because I need/value . . ."

3. What you need or value (*rather than a preference, or a specific action*) that causes your feelings:
". . . because you need/value . . .?"

Clearly requesting that which would enrich **my** life without demanding

Empathically receiving that which would enrich **your** life without hearing any demand

-----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 . . .?"

