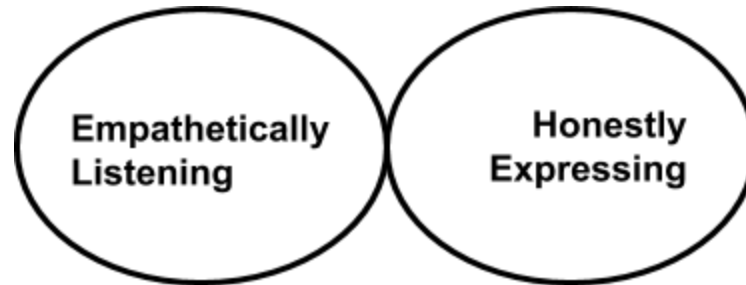


# Non-Violent Communication

**Non Violent Communication (NVC) is sometimes referred to as Compassionate Communication. NVC's purpose is to create human connections that empower compassionate giving and receiving.**



**Clearly receiving how others are feeling without blaming or criticizing.**

Observations: What you observe (see, hear, remember, imagine, free from evaluation) that does not contribute to your wellbeing:

**“When you (see/hear)...”**

Feelings: How you feel (emotion or sensation rather than thought) in relation to what you observe:

**“You feel...”**

Needs/Values: What you need or value (rather than a preference or specific action) that causes your feelings:

**“Because you need/value...”**

Requests: The concrete action you would like taken:

**“Would you like...”**

**Empathetically receiving that which would enrich your life without hearing any demands.**

**Clearly expressing how I am feeling without blaming or criticizing.**

Observations: What I observe (see, hear, remember, imagine, free from evaluation) that does not contribute to my wellbeing:

**“When I (see/hear)...”**

Feelings: How I feel (emotion or sensation rather than thought) in relation to what I observe:

**“I feel...”**

Needs/Values: What I need or value (rather than a preference or specific action) that causes my feelings:

**“Because I need/value...”**

Requests: The concrete action I would like taken:

**“Would you be willing to...”**

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

## Needs List

NVC assumes that we all share the same, basic human needs, and that each of our actions are a strategy to meet one or more of these needs.

## Feelings List

The second component of NVC is to express how we are feeling. Many of us have a very small repertoire of feelings, as society often values “thinking” over feeling.

<b>Autonomy</b> Choice Freedom Space Empowerment Independence	<b>Honesty</b> Authenticity Integrity Presence  <b>Play</b> Joy Humour  <b>Peace</b> Beauty Communion Ease Equality Harmony Inspiration Order  <b>Meaning</b> Awareness Celebration Challenge Clarity Competence Consciousness Contribution Creativity	<b>Meaning cont</b> Discovery Efficacy Effectiveness Growth Hope Learning Mourning Participation Purpose Self-Expression Stimulation To Matter Understanding  <b>Physical Well Being</b> Air Food Movement Rest/Sleep Sexual expression Safety Shelter Sustenance Touch Water	<b>When Needs are met</b> <u>inspired</u> amazed awed  <u>joyful</u> amused delighted glad pleased tickled thrilled happy  <u>peaceful</u> calm clear comfortable centered content fulfilled mellow quiet relaxed relieved satisfied still trusting  <u>refreshed</u> renewed amazed excited rejuvenated  <u>excited</u> amazed animated aroused astonished eager energetic enthusiastic lively passionate surprised  <u>grateful</u> appreciative moved thankful touched	<b>When Needs are not met</b> <u>afraid</u> apprehensive dread frightened mistrustful panicked suspicious terrified worried  <u>annoyed</u> aggravated dismayed disgruntled exasperated frustrated impatient irritated irked  <u>aversion</u> animosity appalled contempt disgusted  <u>confused</u> ambivalent baffled bewildered dazed hesitant lost  <u>disconnected</u> alienated apathetic bored cold detached distant	distracted indifferent withdrawn  <u>disquiet</u> agitated disturbed rattled restless troubled uncomfortable uneasy  <u>embarrassed</u> ashamed flustered self-conscious  <u>fatigue</u> burnt out depleted exhausted tired  <u>pain</u> agony grief hurt lonely regretful  <u>sad</u> depressed despair discouraged gloomy  <u>tense</u> anxious edgy nervous restless stressed
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