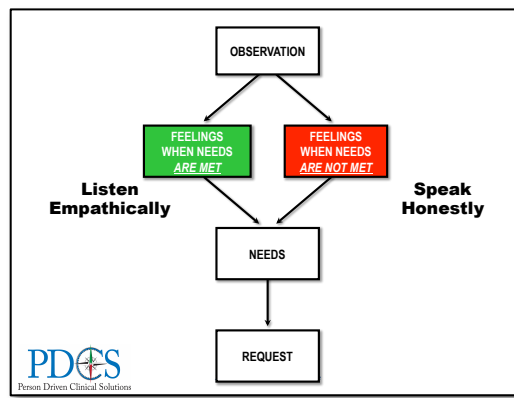


# NONVIOLENT COMMUNICATION

## General & Basic Overview:

- NVC was developed by Marshall B. Rosenberg, Ph.D. and it is based on the principles of nonviolence
- NVC contains nothing new: All that has been integrated into NVC has been known for centuries. The intent of NVC is simply to remind us about (and practice) what we already know
- NVC is a clear and effective model for communicating in a way that emphasizes compassion as the motivation for action rather than fear, guilt, shame, blame, coercion, threat or domination
- NVC is seen as a powerful tool for peacefully resolving differences at personal, professional, and political levels
- NVC as a community, is active in over 65 countries around the globe
- NVC is simple to understand, yet hard to put into practice because it is not habitual for most people
- NVC provides a simple, concrete and DO-ABLE model for people to develop new habits



## What Becomes Clear With Regular Practice Of NVC Concepts & Tools:

- We all share the same, basic human needs
- Our needs are different from:
  - Preferences
  - Strategies
  - Requests
- Our needs are always behind our feelings
- Our feelings always tell us if our needs are met or not i.e., people are always giving us feedback
- Our actions (i.e., what we say or do, every minute, every day) are always strategies we use to meet one or more of these needs

## Powerful Implications For Our Work:

- All behaviors, actions, sounds and words are strategies
- Violence comes from the moralistic judgments we make about one another
- Most of us have no idea how easy and how often we make moralistic judgments
- To connect empathically with someone before offering anything, or at a minimum, avoid making a moralistic judgments regarding someone's else words or actions
- The vital role of emergency empathy
- It is possible to create solutions where everyone's needs can be met
- Take responsibility for our feelings, our needs, and the choices we make in the moment
- It is critical to differentiate between the protective and punitive use of force
- Feedback is a gift