Non-Violent Communication (NVC) Strategies

Intention: to empathize and connect with the other person and yourself

**Observe**
Make neutral statements about what you see without judgment.

**Identify a Feeling**
Express your own emotions instead of what you think someone is doing to you.

**Identify your Need or desire**
Externalize your needs, without referencing specific people, actions, or things.

**Request**
To move things along, suggest specific and doable requests.

Remember to connect to your body language while communicating.

**Example:**

*Observation*  
When you throw your phone, I get scared. I need to know we're going to be safe. Can we take a break and come back to this after dinner?

*Feeling*  
I feel disrespected.

*Need*  
I need some space right now.

*Request*  
Can we take a break and come back to this later?

*Instead of:*  
You're acting crazy. Stop throwing your phone!