

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.

You're crazy! 

You're yelling so loudly, the baby's starting to cry

Identify a

Feeling

Express your own emotions instead of what you think someone is doing to you.

I feel disrespected 

I feel hurt

Identify your

Need or desire

Externalize your needs, without referencing specific people, actions, or things.

Stop talking to me 

I need some space right now

Request

To move things along, suggest specific and doable requests.

I can't stand you right now 

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

Remember to connect to your body language while communicating

Example:

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?

Observation

Feeling

Need

Request

Instead of:

You're acting crazy. Stop throwing your phone!