How You Can Use the NVC Process

Clearly expressing how I am without blaming or criticizing
Empathically receiving how you are without 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) . . . ”
   (Sometimes unspoken when offering empathy)

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

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

REQUESTS

4. The concrete actions I would like taken:
   “Would you be willing to . . . ?”

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