

Nonviolent Communication (NVC)

AL SPENCER

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What: Consciousness and Communication that facilitates Connection, Empathy, Curiosity, and Care for the Needs of All.

How: The Four Components of NVC:



Observation:

What we see and hear

When I see that _____



Feelings:

How we feel about what we've observed

I feel _____



Needs:

What we value or require

because I have a need for



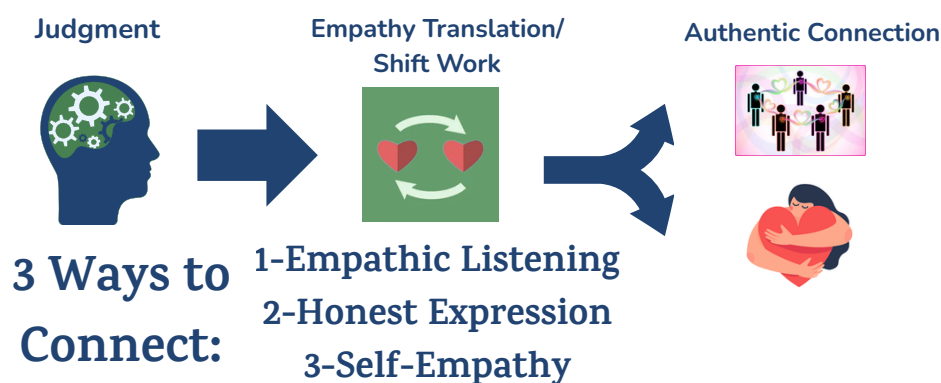
Requests:

What we ask for to meet our needs

Would you be willing to

_____?

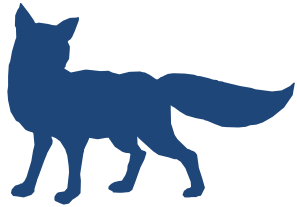
How: Transforming Judgment into Connection:



Why: Nonviolent Communication helps with:

- Transforming conflict
- Offering constructive feedback
- Promoting a collaborative environment
- Feeling heard
- Leading more effectively
- Treating ourselves & others with empathy

NVC Key Differentiations



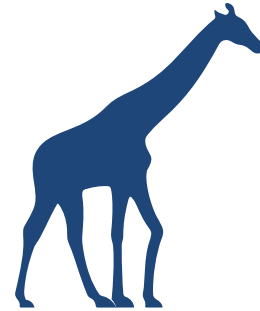
The Jackal

VC/Domination Paradigm

Judgment Criticism Aggression

PURPOSE: To get what we want

- Life-Disconnected Mindset
- Power Over
- Separation
- Scarcity
- Submission/Rebellion
- Invisible Violence
- Moralistic Judgments
- Dependence/Independence
- Strategies
- Demands
- Sympathy
- Punitive Use of Force
- Fear of Authority
- Obedience
- Weakness
- Jackal Honesty
- Blame and Shame



The Giraffe

NVC/Partnership Paradigm

Heart Compassion Benevolence

PURPOSE: To create and maintain a certain quality of connection to allow everyone to get their needs met

- Life-Connected Mindset
- Shared Power
- Connection
- Abundance
- Choice
- Collaboration
- Value Judgments
- Interdependence
- Needs
- Requests
- Empathy
- Protective Use of Force
- Respect for Authority
- Self-Discipline
- Vulnerability
- Giraffe Honesty
- Accountability without shame