

The Dance of NVC

Receiving with Empathy

1. Observation

“When you see (hear, or imagine)...

2. Feelings

you feel. . . ?

3. Needs

Because you need. . . ?

4. Requests/Action

Would you like to. . . ?”

Expressing with Honesty

1. Observation

“When I see (hear, or imagine)...

2. Feelings

I feel. . . ?

3. Needs

Because I need. . . ?

4. Requests/Action

Would you be willing to. . . ?”

Self - Empathy

1. Observation

“When I see (hear, or imagine)...

2. Feelings

I feel. . . ?

3. Needs

Because I need. . . ?

4. Requests/Action

And now I want to. . . ?”

Created by LaShelle Chardé Wise Heart

for couples & individuals who want communication that connects

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