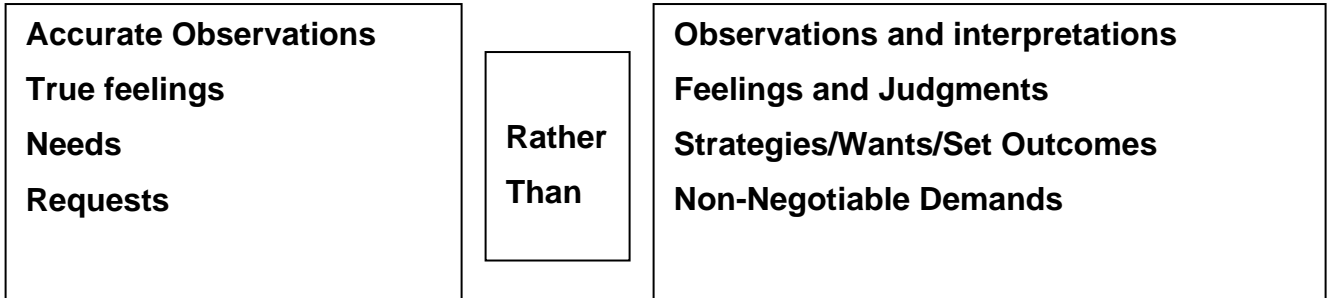


NONVIOLENT COMMUNICATION

NVC helps us focus on connection and mutual satisfaction rather than winning

LIFE-GIVING COMMUNICATION

ALIENATED COMMUNICATION



THE DANCE OF HONESTY (SELF-EXPRESSION) AND EMPATHY

This is what NVC looks like in practice. The discussion moves back and forth between full honesty and focused empathy.

EXPRESSING CLEARLY

(Focusing wholly on self)

EMPATHICALLY RECEIVING

(Focusing on the other person)

STATING WHAT WE SEE

<p>Describing facts (actions) I observe that give rise to discomfort or conflict</p>		<p>Receive information from the other person concerning the situation</p>
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<p>Express how I am feeling and needs I have</p>		<p>Guess (ask) how you are feeling and guess (ask) needs you have</p>
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CONNECTING AND EXPRESSING

Request that which would fulfill my needs while being open to hearing 'no'		Hear what would fulfill your needs, while being mindful of my needs
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**Continue requests (or return to previous stages if need be)
until finding a strategy that fulfills both sets of needs.**

NVC LINKS

For information about NVC, books, trainings, events in the U.S. and worldwide see www.cnvc.org

For a complete listing of NVC books see Puddle Dancer Press at www.NonviolentCommunication.com

For information and events in LA and Southern California see LANVC at www.yahogroups.com