

Some Helpful Principles to having a Conversation Using NVC

The purpose of NVC is to connect, not to be “right,” not to prove the other “wrong,” not to fix, educate, punish or improve the other person. Go for “connection before solution.”

You are doing what you are doing (including entering into a conversation) to meet your own needs. **You are not doing this “for them”.**

The more you **know and value your own needs**, the more clarity, compassion and empowerment will show up in your words and actions.

Self-Investigate: What are you telling yourself the other person “is” ?
What are your images, stories, diagnoses about them? Do your own inner work to **translate your judgments about them into your own feelings and needs.**

Honesty in NVC is **not** telling the other person what’s wrong with them. You share how you **feel** because of what is important to you- your **needs/ values/dreams/longings.**

Lead with Curiosity. When you **listen and reflect back**, doing so with **curiosity about the other person’s humanity is crucial.** **When curiosity is alive, there is no notion of enemy or wrongness.**

We all share the same needs. Conflict does not arise between needs. **Conflict only arises with the strategies we choose to meet our needs.**

Thinking is life making meaning of life and is a door to feelings and needs. **Listen with curiosity and empathy for the feelings, needs, meaning, intelligence and experiences that generate the thoughts.**

Use connecting requests to find out if the other person is hearing or experiencing blame, shame, anger, punishment. Ask for a do-over, without those elements.

Make problem solving requests that meet your needs without preventing others from meeting their needs. Mourn, share your disappointment and ask for help when you don't know how to do that.

If you hear a “no, find out the needs behind the “no” and partner to find a way to meet everyone’s needs.

For information about joining or creating upcoming conversations and dialogues using NVC, contact info@steps2peace.com

Roberta Wall www.steps2peace.com