

Non-Violent Communication



RULES:

Lead with love.

Use "I" statements. Leave the other person ("you") out of it.

Focus on your personal experience, observation, feelings, and needs.

Know the outcome, behavior change, or request you want to make.

Take ownership and be clear with your words.

FORMULA:

Observation

Feelings

Needs

Requests

Free write on the event or situation you want to work through.

What happened? What did you observe?

How did you feel? What needs were met or unmet?

What is the change/request you would like to make?

When I see

I feel

Because I need

Would you be willing
