

Nonviolent Communication and Conflict Transformation

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Thinking about the people who raised you, what did they teach you about human beings?

What stories did they tell you in order to prepare you for the world?




Respect



Belonging



NVC is a story about human beings that some have found helpful for making our way in the world.


PLAY
SELF-EXPRESSION
EMOTIONAL SAFETY
SKILL
DEPENDABILITY
SUPPORT
REST
BELONGING
RECOGNITION
PREDICTABILITY
PROTECTION FROM HARM
PEACE
RESPECT
WONDER
APPRECIATION
TO HEAR
CONTRIBUTION
SHARED REALITY
AFFECTION
TRUST
COMMUNITY
TO SEE
CHOICE
SPACE
LOVE
INSPIRATION
AFFECTION
TO MATTER
ADVENTURE
POWER IN MY WORLD
WELLNESS
MEANING
COMPASSION
AWARENESS
CELEBRATION
FREEDOM
TO BE SEEN
TO BE HEARD
CONSIDERATION
FAITH
LEARNING
EQUALITY
EFFECTIVNESS
FOR EVERYONE'S NEEDS TO MATTER
HOPE
SOLIDARITY

The NVC Story: Everyone, in all moments, is attempting to meet a need.



Strategies are how
we attempt
to meet needs.



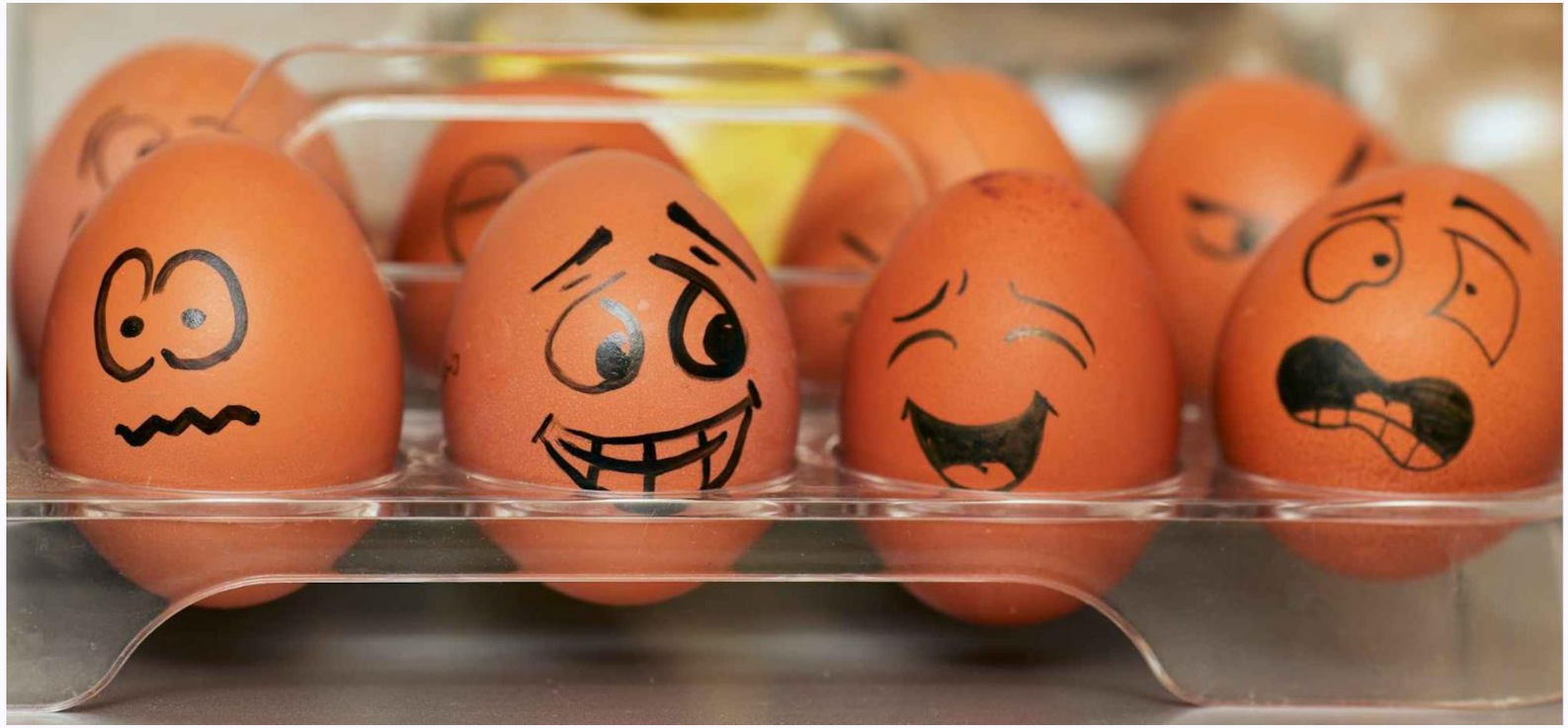
We use strategies
that work
and
strategies
that will never work.



Human conflict happens
on this level of strategy.
The needs underlying and
driving the strategies
unite us.

We can maximize our capacity to create the world we want to live in
by knowing the difference between a strategy and a need.

Feelings tell us when needs are being met or unmet.



- We generally experience unpleasant feelings when a need is going unmet.
- We generally experience a pleasant feeling when a need is met.
- Feelings are the breadcrumbs that lead us to the root of what we are experiencing: the need that is most "up" for us in that particular moment.

Find a Partner

1

Reflect on a Recent Conversation on a Polarizing Issue

Briefly describe for your partner what happened. Who was in the conversation? What were you discussing?

2

Identify Feelings

Looking over your list of feelings, which ones were you experiencing during that conversation?

3

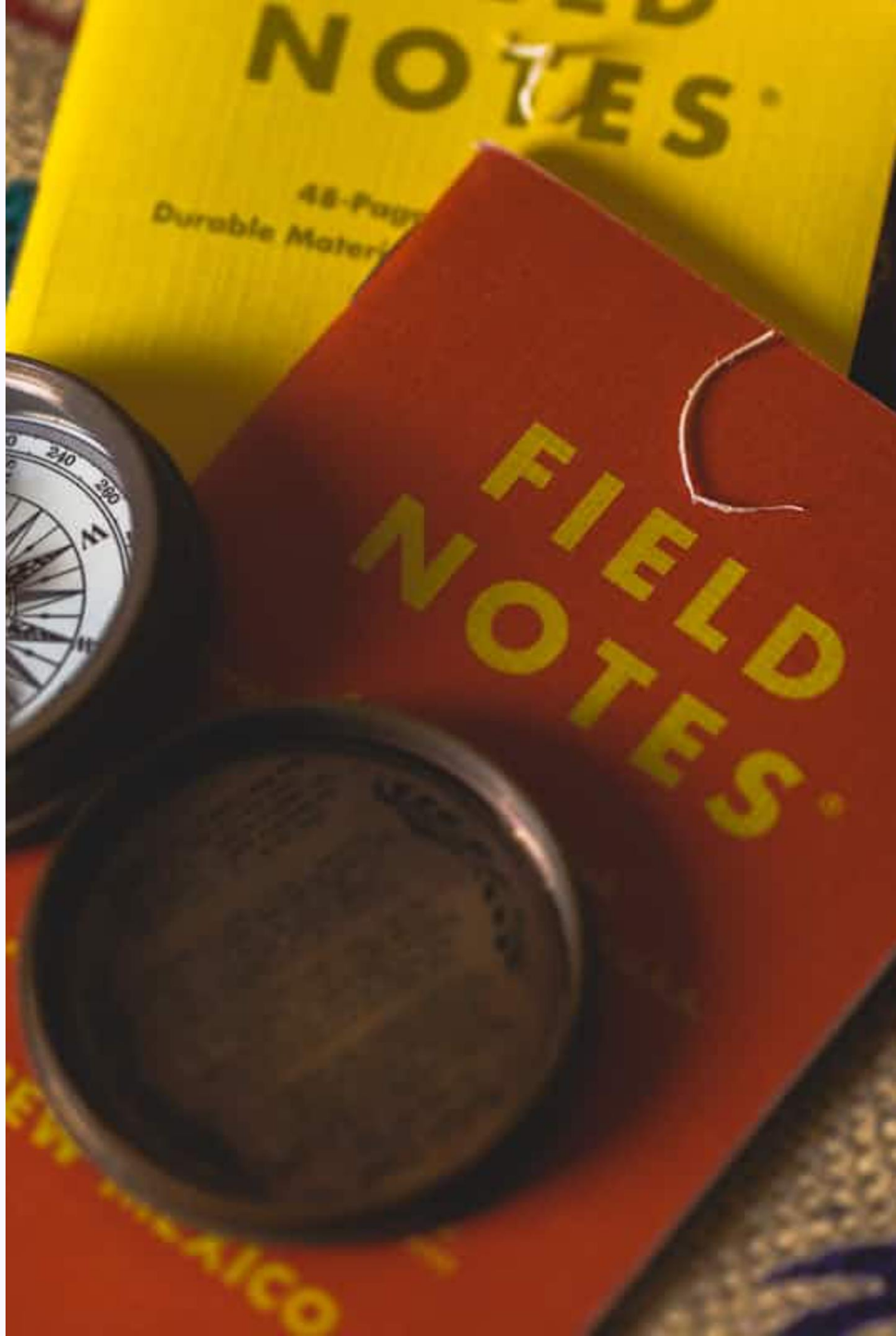
Identify Needs

Looking over the list of needs, what 1-3 needs were going unmet that let to these feelings?

Group Harvest

What was this practice like for you?

- What did you notice?
- Did any questions arise?





Rejoin Your Partner

Going back to the situation you just explored, describe once again, briefly, what happened that led to unpleasant feelings for you.

Look over the needs list. As a pair, see if you can name any possible needs the other person in the conversation was trying to meet, even if you think their strategy for getting it won’t work.

Tell your partner about a time when one of those needs the actor might have been trying to meet went met or unmet for you. What was that like for you?

Group Harvest

What was this practice like for you?

- What did you notice?
- Did any questions arise?



Questions

Feedback

Things to Remember

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