

OBSERVATION



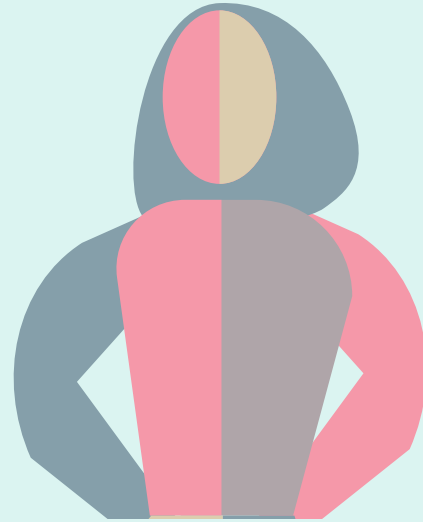
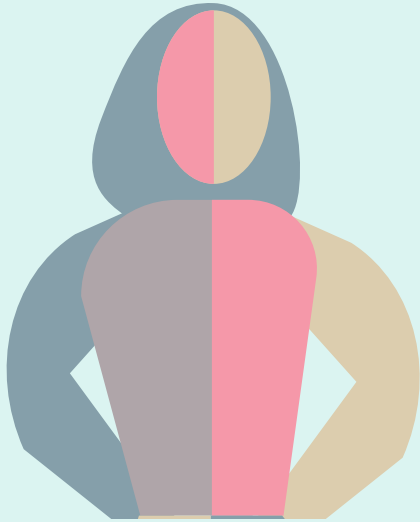
FEELINGS



NEED



REQUEST



Nonviolent Communication is a communication method developed by Marshall Rosenberg, aimed at fostering empathy and understanding in interactions between people. It focuses on avoiding defensive reactions, resolving conflicts, and promoting harmonious relationships.

Key principles

1 OBSERVATION

Nonviolent Communication starts with perceiving the actual events without judgments or interpretations. This helps to remain objective and avoid misunderstandings.

2 NEEDS

Identify the needs underlying your feelings. Acknowledge that everyone has universal needs, such as safety, respect, connection, and autonomy.

Empathy

Nonviolent Communication emphasizes the importance of listening with empathy and attempting to understand what others are experiencing. It requires letting go of judgments and being open to their feelings and needs.

3 FEELINGS

Expressing and acknowledging feelings are essential parts of Nonviolent Communication. It involves recognizing emotions and openly sharing them without blaming others for those feelings.

4 REQUESTS

Instead of making demands, make requests in a clear and positive manner. It allows others to contribute voluntarily to fulfilling your needs.

Self-empathy

It is equally important to understand yourself and have empathy for yourself. This means acknowledging your own feelings and needs without judging yourself.

The purpose of Nonviolent Communication is to create an empathic connection between people, where everyone's needs are heard and respected. By being aware of our feelings and needs and communicating them in a constructive way, conflicts can be reduced, and relationships can be strengthened.