

NVC WARM-UP

(When someone says or does something you don't enjoy)

Observation/ Stimulus: What did you see or hear that was a stimulus for you?
Record your "video camera" observation:

Feelings: When you recall the situation (stimulus) you described above, what are you feeling **right now**? Where are you feeling this in your body?

Thoughts: Record thoughts that stir up in you as you remember this situation.

- These might include judgments of the other person or yourself, blame, labels, criticism... ideas of rightness or wrongness.
- Notice the difference between your thoughts (what you are telling yourself) and what actually happened (the observation).

Needs: Looking at your thoughts in particular, what needs are significant for you as you recall this situation?

- Take a moment to compare your thoughts/stories with identifying your needs. (eg. "I'm such a slowpoke" vs. "I really need space in my life.")
- Notice the difference in how you experience these 2 different perspectives.

Requests:

- a. Given your awareness of needs, what might you ask yourself to do?
- Try not to make these "I have to" or "I should" statements - that is, demands.
 - These don't necessarily have anything to do with the other person.

- b. If this action involves speaking to the person who provided the stimulus outlined above, what specific action would you like to request from that person right now?

- Imagine what you might say and ask. Include your observation, your feelings, your needs and your request (the action you would like from the other person).
- Example: *“When I recall you saying last night that I don’t do my share(observation), I feel frustrated and a little sad (feelings). I really would like recognition (need) for my efforts. Would you be willing to tell me one thing I’ve done that you appreciate?”* (request)