

# Basic NVC Model

	HONEST EXPRESSION	EMPATHIC RECEIVING
<b>OBSERVATIONS</b> concrete actions we observe that affect our well-being.	When I see/hear...	When you see/hear...
<b>FEELINGS</b> how we feel in relation to what we observe.	I feel ...	do you feel...
<b>NEEDS</b> needs, values, etc. that give rise to our feelings.	because I need...	because you need...?
<b>REQUESTS</b> concrete actions we request in order to enrich our lives.	Would you be willing to... <ul style="list-style-type: none"><li>• <b>FOR HONESTY:</b> tell me what feelings and needs are up for you?</li><li>• <b>FOR CONNECTION:</b> tell me what you heard?</li><li>• <b>FOR ACTION:</b> (positive, specific, doable)</li></ul>	