

Basic NVC Model

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