

Introduction to Nonviolent Communication™



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www.cascadiaworkshops.com



Nonviolent Communication (also known as NVC, Compassionate Communication, and Empowered Communication) is a way of speaking that facilitates the flow of communication needed to exchange information and resolve differences peacefully. It helps us identify our shared values and needs, encourages us to use language that increases goodwill, and avoid language that contributes to resentment or lowers self-esteem.

Nonviolent Communication focuses our attention on compassion as our motivation, rather than fear, guilt, blame, or shame. It emphasizes taking personal responsibility for our choices and improving the quality of our relationships as our goal. It is effective even when the other person or group is not familiar with this process.

Nonviolent Communication is based on the premise that:

- ✧ We are all simply trying to get our needs met.
- ✧ We fare better if we know how to get these needs met through cooperation rather than aggression.
- ✧ People naturally enjoy contributing to the well-being of others when they can do so willingly.

The Intent of Nonviolent Communication is to:

- ✧ Create more satisfying personal connections.
- ✧ Meet our needs in ways that honor and respect our values and the values of others.
- ✧ Heal from previous experiences and relationships that have been painful or unsuccessful.

With Nonviolent Communication Skills, You Can:

- ✧ Resolve feelings of anger, guilt, shame, fear, and frustration.
- ✧ Redirect anger or frustration toward coalition-building and cooperative outcomes.
- ✧ Create solutions based on safety, mutual respect, and consensus.
- ✧ Meet basic individual, family, school, community, and societal needs in life-serving ways.

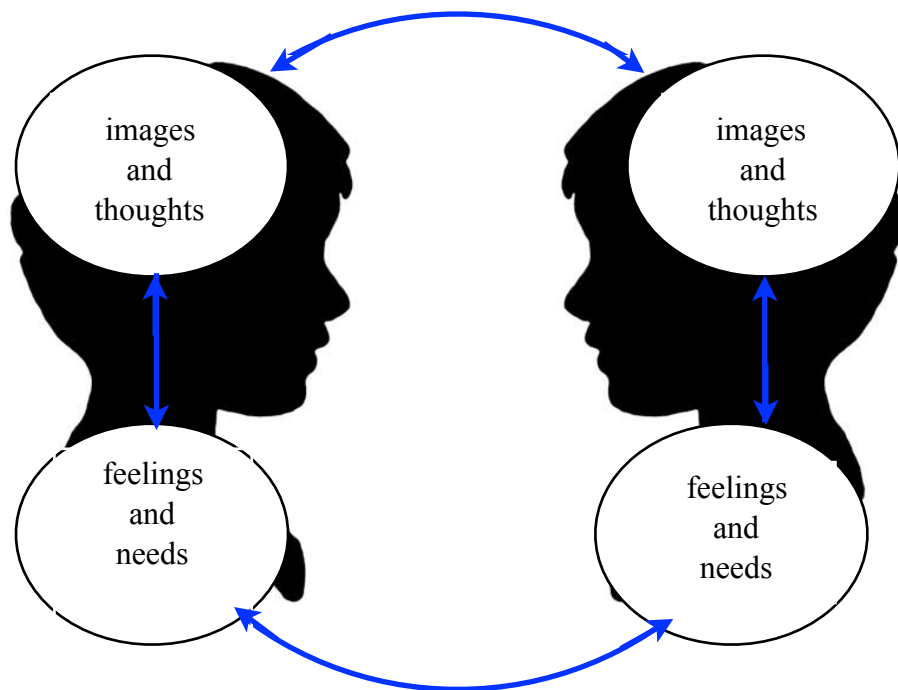
Adapted from *Nonviolent Communication: A Language of Compassion* by Marshall Rosenberg.

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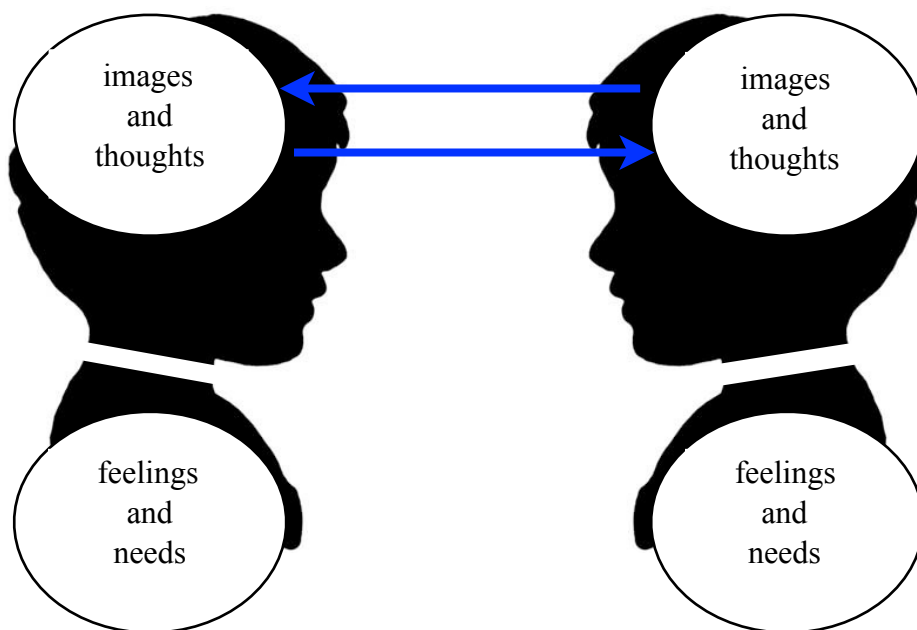
For a (no cost) video training series so that you can go deeper into this process, check out:
<http://BlackbeltCommunicationSkills.com>

How does NVC work?

Life-Connected Communication



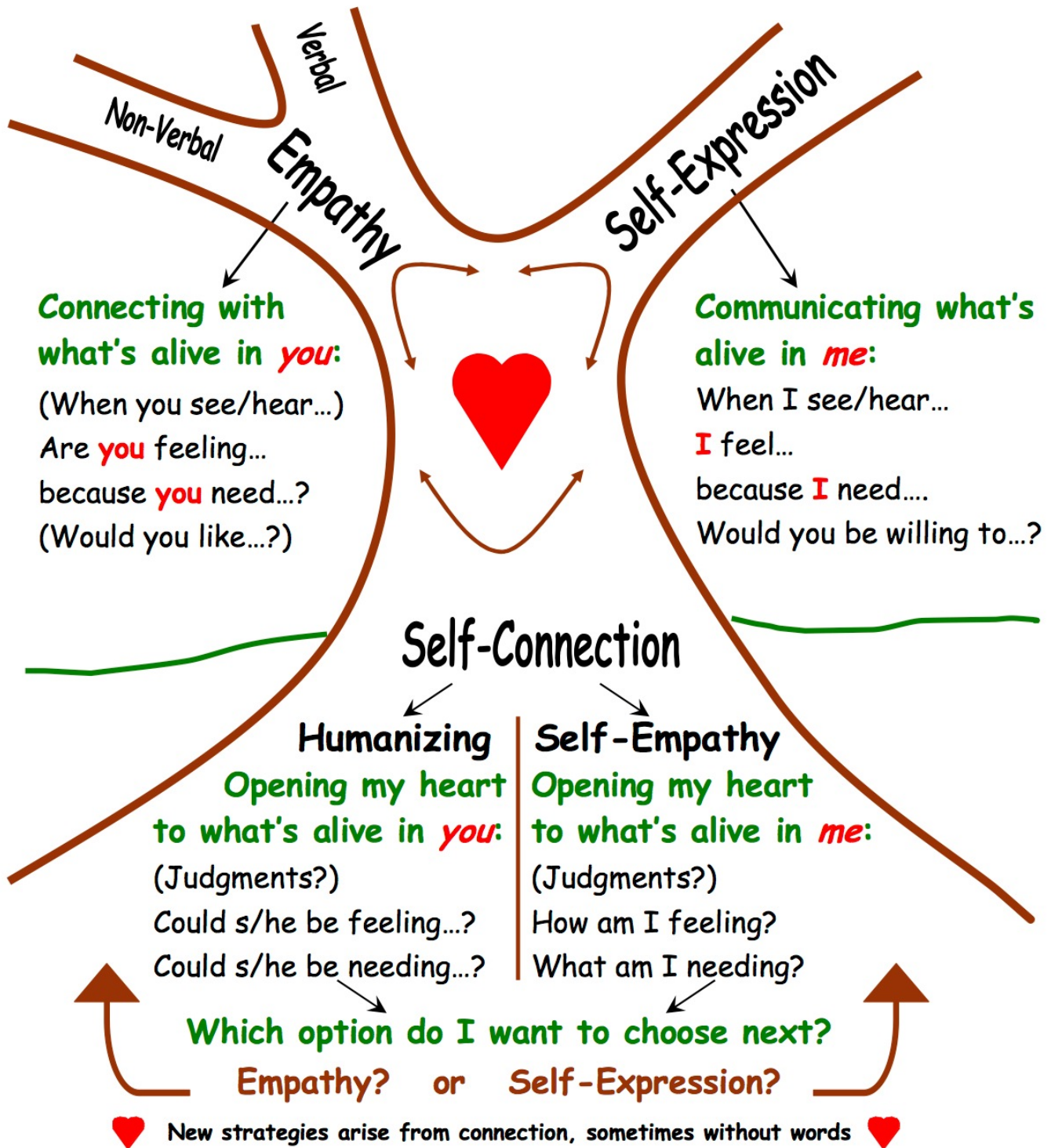
Life-Alienated Communication



Inspired by Marshall Rosenberg

The NVC Tree of Life

Three Focus Options for Connection



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FEELINGS INVENTORY

This is not intended as the comprehensive and definitive list, but rather as a good starting point.

Feelings likely to be experienced when our needs are being fulfilled

♦ Absorbed ♦ Adventurous ♦ Affectionate ♦ Alert ♦ Alive ♦ Amazed ♦ Amused ♦ Animated ♦ Appreciative
 ♦ Aroused ♦ Astonished
 ♦ Blissful ♦ Breathless ♦ Buoyant
 ♦ Calm ♦ Carefree ♦ Cheerful ♦ Comfortable ♦ Complacent ♦ Composed ♦ Concerned ♦ Confident
 ♦ Contented ♦ Cool ♦ Curious
 ♦ Dazzled ♦ Delighted
 ♦ Eager ♦ Ecstatic ♦ Effervescent ♦ Elated ♦ Electrified ♦ Encouraged ♦ Energetic ♦ Engrossed ♦ Enlivened
 ♦ Enthusiastic ♦ Excited ♦ Exhilarated ♦ Expansive ♦ Expectant ♦ Exultant
 ♦ Fascinated ♦ Free ♦ Friendly ♦ Fulfilled
 ♦ Gay ♦ Glad ♦ Gleeful ♦ Glorious ♦ Glowing ♦ Good-humored ♦ Grateful ♦ Gratified ♦ Groovy
 ♦ Happy ♦ Helpful ♦ Hopeful
 ♦ Inquisitive ♦ Inspired ♦ Intense ♦ Interested ♦ Intrigued ♦ Invigorated ♦ Involved ♦ Joyous ♦ Joyful ♦ Jubilant
 ♦ Key-up ♦ Loving ♦ Mellow ♦ Merry ♦ Mirthful ♦ Moved
 ♦ Optimistic ♦ Overjoyed ♦ Overwhelmed ♦ Peaceful ♦ Pleasant ♦ Proud ♦ Quiet
 ♦ Radiant ♦ Rapturous ♦ Refreshed ♦ Relieved
 ♦ Satisfied ♦ Secure ♦ Sensitive ♦ Spellbound ♦ Splendid ♦ Stimulated ♦ Surprised
 ♦ Tender ♦ Thankful ♦ Thrilled ♦ Touched ♦ Tranquil ♦ Trusting ♦ Warm ♦ Wide-awake ♦ Wonderful ♦ Zestful

Feelings likely to be experienced when our needs are not being fulfilled

♦ Afraid ♦ Aggravated ♦ Agitated ♦ Alarmed ♦ Aloof ♦ Angry ♦ Anguished ♦ Animosity ♦ Annoyed ♦ Anxious
 ♦ Apathetic ♦ Apprehensive ♦ Aroused ♦ Averse
 ♦ Beat ♦ Bitter ♦ Blah ♦ Blue ♦ Bored ♦ Breathless ♦ Brokenhearted
 ♦ Chagrined ♦ Cold ♦ Concerned ♦ Confused ♦ Cool ♦ Cross
 ♦ Dejected ♦ Depressed ♦ Despair ♦ Despondent ♦ Detached ♦ Disappointed ♦ Discouraged ♦ Disgruntled
 ♦ Disgusted ♦ Disheartened ♦ Dislike ♦ Dismayed ♦ Displeased ♦ Disquieted ♦ Distressed ♦ Disturbed
 ♦ Downcast ♦ Downhearted ♦ Dread ♦ Dull
 ♦ Edgy ♦ Embarrassed ♦ Embittered ♦ Exasperated ♦ Exhausted ♦ Fatigued ♦ Fearful ♦ Fidgety ♦ Forlorn
 ♦ Frightened ♦ Frustrated ♦ Furious
 ♦ Gloomy ♦ Grief ♦ Guilty
 ♦ Hate ♦ Heavy ♦ Helpless ♦ Hesitant ♦ Horrified ♦ Horrible ♦ Hostile ♦ Hot ♦ Humdrum ♦ Hurt
 ♦ Impatient ♦ Indifferent ♦ Inert ♦ Intense ♦ Irrate ♦ Irked ♦ Irritated
 ♦ Jealous ♦ Jittery
 ♦ Keyed-up ♦ Lassitude ♦ Lazy ♦ Lethargic ♦ Listless ♦ Lonely
 ♦ Mad ♦ Mean ♦ Melancholic ♦ Miserable ♦ Mopey ♦ Nervous ♦ Nettled ♦ Overwhelmed
 ♦ Passive ♦ Perplexed ♦ Pessimistic ♦ Puzzled ♦ Rancorous ♦ Reluctant ♦ Repelled ♦ Resentful ♦ Restless
 ♦ Sad ♦ Scared ♦ Sensitive ♦ Shaky ♦ Shocked ♦ Skeptical ♦ Sleepy ♦ Sorrowful ♦ Sorry ♦ Sour ♦ Spiritless ♦ Startled
 ♦ Surprised ♦ Suspicious
 ♦ Tepid ♦ Terrified ♦ Tired ♦ Troubled ♦ Uncomfortable ♦ Unconcerned ♦ Uneasy ♦ Unglued ♦ Unhappy
 ♦ Unnerved ♦ Unsteady ♦ Upset ♦ Uptight
 ♦ Vexed ♦ Weary ♦ Withdrawn ♦ Woeful ♦ Worried ♦ Wretched

Inspired by Marshall B. Rosenberg

NEEDS INVENTORY

This is not intended as the comprehensive and definitive list, but rather as a good starting point.

Autonomy

To choose one's dreams, goals, values

To choose one's plans for fulfilling one's dreams, goals, values

Celebration

To celebrate the creation of life

To celebrate the loss of life (mourning)

Integrity

Authenticity

Meaning

Creativity

Interdependence

Acceptance

Appreciation

Closeness

Consideration

Contribution to the enrichment of life (to exercise one's power by giving that which contributes to life)

Empathy

Honesty (the empowering honesty that enables us to learn from our limitations)

Love

Reassurance

Respect

Support

Trust

Warmth

Physical Nurturance

Air

Food

Movement, Exercise

Protection from life-threatening forms of life: viruses, bacteria, insects, predatory animals (especially human beings)

Rest

Sexual Expression

Shelter

Touch

Water

Play

Spiritual Communion

Beauty

Harmony

Inspiration

Order

Peace

Inspired by Marshall B. Rosenberg

About Alan Seid

I began studying under Dr. Marshall Rosenberg, Ph.D., in 1995. I learned most of my Nonviolent Communication directly from Dr. Rosenberg (whom I also refer to informally as Marshall), though, I have also studied with many trainers who were trained by him.

My first opportunity to teach NVC - and to mediate a conflict using it - was in 1998. The following year I attended a 10-day International Intensive Training (IIT) followed immediately by a trip to Colombia, South America to serve as Marshall's Spanish interpreter for 10 days.

This was the same year (1999) that the Executive Director of the international Center for Nonviolent Communication asked me to consider certification as a trainer, which I completed in 2003.

In addition to producing hundreds of workshops for the general public, I have worked with clients in the academic, government, nonprofit, and business sectors.

I work primarily with *positive change agents* - people who are committed to making the world a better place and themselves better people - so that they can make their biggest contribution and craft their dream life.

I have expertise in several areas besides NVC, including Permaculture Design, Financial Integrity (*Your Money or Your Life*), the 8-Shields Model (*Art of Mentoring*), Integral Sustainability, and a few tools under the umbrella of "visioning and manifesting."

You can access some of my **FREE** training content at CascadiaWorkshops.com/Get-Connected. This page connects you with the various areas of my work and training.

You can also find out more about me and my work at CascadiaWorkshops.com as well as on my YouTube channel YouTube.com/alanseid.



Photo: Ariana Seid