

CORE FOCUS OF NVC

"THE 4 PARTS"

FEELINGS	NEEDS
Body Sensations	Universal Human Needs
<i>Free of Thoughts</i>	<i>Free of Strategies</i>
OBSERVATIONS	REQUESTS
What you see, hear, imagine or remember	Present, Do-able, Do (vs. Don't)
<i>Free of Evaluation</i>	<i>Free of Demands</i>

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HUMAN NEEDS

Physical Well Being

Clean Air
Food, Nutrition
Water; Hydration
Health, Healing
Movement
Rest, Sleep
Physical Safety
Shelter, Comfort

Interdependence

Empathy
Trust
Support
Communication
Mutual Respect
Consideration
Feedback
Nurture, Care, Love
Understanding
Gratitude
Companionship
Contribution
Mutuality
Touch, Connection
Collaboration
Recognition
Generosity

Significance

To Matter
To be seen, heard
Meaning
Wholeness
Unity
Beauty
Simplicity
Wisdom

Vitality

Autonomy, Choice
Learning, Growth
Play, Fun, Laughter
Creativity
Stimulation, Challenge
Explore, Discover
Spontaneity
Competence
Impact, Effectiveness
Ease, Efficiency
Resources (\$, tools, info...)

Authenticity

Honesty
Integrity
Clarity
Humility
Transparency

Self Awareness

Self-Connection
Self-Compassion
Self-Acceptance
Self-Responsibility
Reflection
Insight, Discernment

Community

Belonging
Inclusion
Harmony, Peace
Acceptance
Solidarity
Celebration
Mourning
Personal Space
Justice (Restorative)
Predictability

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HUMAN BODY SENSATIONS

Achy	Empty	Glowing	Pressure	Still
Bloated	Expansive	Heavy	Prickly	Streaming
Breathless	Faint	Heated	Puffy	Strong
Bubbly	Hollow	Hollow	Pulsing	Suffocating
Buzzy	Flaccid	Hot	Queasy	Sweaty
Clammy	Floating	Itchy	Quivery	Tense
Clenched	Flowing	Jittery	Radiating	Thick
Cold	Fluid	Jumpy	Ragged	Thin
Cool	Flushed	Knotted	Raw	Tight
Congested	Fluttery	Light	Restricted	Tingly
Constricted	Fragile	Limber	Shaky	Trembly
Contracted	Frantic	Lumps	Smooth	Throbbing
Curled	Frozen	Moist	Spacey	Twitchy
Damp	Full	Numb	Spacious	Warm
Dry	Fuzzy	Paralyzed	Spinning	Wobbly
Dull	Giggly	Pounding	Stiff	
Dizzy				

Body Location

Head
Face
Eyes
Mouth
Neck
Throat
Shoulders
Chest
Belly
Arms
Hands
Genitals
Legs

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HUMAN FEELINGS

Calm Clear-headed Comfortable Content Relaxed Relieved	Glad Pleased Delighted Amused Thrilled Ecstatic	Engaged Curious Interested Intrigued Energized Inspired	Hopeful Encouraged Optimistic Grateful Confident Open	Refreshed Rested Restored Revived
Sad Disappointed Discouraged Hopeless Unhappy Depressed	Confused Rattled Shocked Surprised Unsettled Tense Frazzled Nervous Overwhelmed	Angry Resentful Annoyed Frustration Upset Disgusted Cranky	Worried Anxious Scared Wary Dread Alarmed Regretful Helpless	Detached Indifferent Bored Distant Numb Uninterested

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5 CHAIRS ACTIVITY

How I show up depends on where I focus my attention

Unconscious REACTION

BLAME SELF
 Hear a judgment and believe it: "Submit" or "Freeze"

BLAME OTHER
 Hear a judgment, react back with a judgment: "Fight"

Conscious RESPONSE

CONNECT WITH SELF
 My feelings, My needs
 "I"

CONNECT WITH OTHER
 Your feelings, Your needs
 "YOU"

CONNECT WITH NEEDS OF THE WHOLE
 Our needs as a group
 "WE"

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Unconscious REACTION	vs.	Conscious RESPONSE
Closed ... Contracted Breath stops ... or rapid Muscles freeze or tense	BODY	Open ... Expanded Breath is free & deep Muscles are relaxed
Anger ... Guilt Shame ... Fear	FEELINGS	Disappointment ... Sadness ... Anguish ... Discouraged ...
Avoidance ... Defense ... Protection ... Attack ... Judgments ... No choice	THOUGHTS	Aware of thoughts, but not living inside them. Aware of choices

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CORE NVC SKILL SETS

Intra-Personal
 "I"

1. **PAUSE — Awareness of Reaction**
Create a space between stimulus and reaction
2. **Connect to Self**
Self-Awareness of own feelings and needs
Self-Connection, Self-Empathy

Inter-Personal
 "You"

3. **Authentic Expression**
Express your feelings and needs
4. **Empathic Listening**
Hear another's feelings and needs

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WHAT NVC IS NOT ...

NVC is not about being nice. It's about being real.

 NVC is not about changing other people or getting them to do what we want. It's about changing ourselves ... and as we change, those around us change in response.

NVC is not a technique or formula.
 It's a process that helps guide our consciousness to a new awareness of ourselves & other people.

 It's not about stifling intensity, but transforming it.

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