Using this Workbook

Purpose of this Workbook

This workbook is designed for use with Marshall B. Rosenberg's book *Nonviolent Communication: A Language of Life*. It is intended for:

1. Persons new to Nonviolent Communication who seek a comprehensive curriculum in order to learn and apply the basic principles of NVC, either on their own or in a group setting. NVC requires the development of new habits of thought and speech. However impressed we may be by NVC concepts, it is only through practice and application that our lives will be transformed. This curriculum supports the reader through thirteen weeks of learning and ongoing practice, either as an individual or in a group experience. It also offers the possibility of thirteen months of dedicated practice. The practice suggested for a week is practiced instead for a month. Those who use the workbook at this next level of commitment will enjoy an ever-deepening fluency and capacity for connection.

2. Persons wishing to engage in regular group practice. This manual offers:
   - guidance in starting a practice group
   - content and structure for 13 sessions
   - suggestions for forming a "leaderful practice circle," and activities for ongoing groups
   - support in identifying and addressing challenges often encountered by NVC practice groups.

Please note that the group practice and activity sections of this edition of the workbook have been modified to assist individual practice. These places are indicated by use of the symbol.

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3. Persons whose own lives have been touched by NVC and who are drawn to pass on the gift. Group leaders and teachers may use this curriculum as a springboard from which to develop their own courses.

Suggestions for Use of this Workbook

There are thirteen assignments in this curriculum that correlate with the thirteen chapters of Marshall B. Rosenberg's book, *Nonviolent Communication: A Language of Life*, which offers a comprehensive teaching of Nonviolent Communication basics. Consider completing a chapter each week: this provides regularity and gives enough time to absorb new material, but not so much time as to forget what was learned earlier.

Please note that in this workbook, the words "Marshall" and "the book" refer to Marshall B. Rosenberg and his book, Nonviolent Communication: A Language of Life. Because the several editions of the book do not share the same number of chapters or page numbering, reference in this workbook to a specific part of the book is made by identifying chapter and subheading rather than page number.

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1. First read a chapter of the book.

2. Go to the corresponding individual assignment in Part IV of this workbook. Each assignment consists of two parts:

   "Reading Review" is a set of straightforward questions on the contents of the chapter that you may use to review or to recall what you have read. Most readers wait until they finish reading the chapter and use the questions as a way to test themselves and jog their memory on what they've learned. Others respond to the questions while they are reading so as to focus and to remember the contents better. You can experiment using (or not using) them in a way that best supports your learning.

   "Individual Practice" consists of exercises and activities for applying what you have read. It may include self-observation, reflection,

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practice, and role-play. Most may be completed on the spot, but a few require time over the course of a week. When you finish an assignment, you may want to quickly check the following week's assignment for any activity that may require a series of days to complete.

Note to Individuals and Group Members: It will be helpful to keep a notebook or computer handy to record your responses to the exercises, as well as any ideas, feelings, and needs that occur to you in the course of your study.

3. If you are practicing with a group, you will be covering the exercises given in the Leader's Guides when you meet together. Before you begin, read Sections A-F in Part III (Practicing Together) about setting up a group, developing a structure, remembering our purpose, leading the circle, rules, and feedback. Read the other Sections (G-K) as the respective subjects arise during the course of your 13-week practice. These sections cover subjects that may arise and offer some ideas about how to stay connected to the spirit of the NVC process while resolving what may appear as conflicted needs within the group.

4. If you are practicing alone, look over the Leader's Guide and Sample Responses corresponding to the chapter and assignment you just completed. These exercises and activities are easily adapted for individual use and examples of what you might do are included. After completing the exercise you might like to examine the Sample Responses that follow the Leader's Guide for each chapter.

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