

Quick Facts About *Nonviolent Communication*



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P R E S S

- The Compassionate or Nonviolent Communication™ (NVC) process was created by Dr. Marshall Rosenberg, Ph.D., author of the bestselling *Nonviolent Communication: A Language of Life* (2nd Edition, PuddleDancer Press 2002) and *Speak Peace in a World of Conflict* (PuddleDancer Press 2005).
- At the root of the NVC process are 4 basic assumptions about human nature and language:
 1. We all share the same basic, universal human needs
 2. Feelings and emotions are signals telling us whether or not our needs are being met
 3. Compassion is our basic human nature
 4. At the core of all conflict, violence and emotional pain are needs that are not being met
- The NVC process is a framework for communicating what we feel and what we need in a manner that helps ensure we'll be understood.
- The NVC process is used to heal emotional pain, reduce aggression and fortify family, personal and professional relationships
- The NVC process is taught in schools, child care centers, prisons, family counseling centers, hospitals, corporations, mediation centers, prisons and many other organizations around the world
- The 4 basic steps of the NVC process are: (1) objectively observe the current situation (absent of evaluation, blame or moralistic judgment), (2) identify the feelings that the situation brings up, (3) dig deeper to identify what need is or is not being met, and (4) request actions that would better meet your needs.
- The Center for Nonviolent Communication in La Crescenta, California, was founded in 1984 by Dr. Marshall Rosenberg as a nonprofit peacemaking organization
- Currently, more than 200 certified trainers and hundreds of others teach the NVC process to more than 250,000 people in 35 countries on six continents each year