



Contents

| | |
|--|-----------|
| Introduction | 1 |
| “Power-over” versus “Power-with” | 2 |
| Exercise 1: Basic Translations | 8 |
| Exercise 2: Translating into NVC | 10 |
| Beyond Power Struggles | 10 |
| Exercise 3: Transforming Habitual Responses | 15 |
| Exercise 4: Timing Conversations | 16 |
| Hearing the “Yes” in the “No” | 17 |
| Exercise 5: Working with “No” | 21 |
| Protective Use of Force | 23 |
| Exercise 6: Considering Use of Force | 23 |
| NVC and Language | 24 |
| Exercise 7: Beyond Language | 26 |
| Mediating between Children | 27 |
| Exercise 8: Mediating between Children | 31 |
| Praise | 31 |
| Exercise 9: Gratitude and Appreciation | 34 |
| Starting Out with NVC | 35 |
| Exercise 10: Next Steps | 39 |
| Parenting for Peace | 40 |
| About Inbal Kashtan | 42 |
| <i>Some Basic Feelings and Needs We All Have</i> | <i>43</i> |
| <i>NVC 2nd Edition Available from PuddleDancer</i> | <i>44</i> |
| <i>Booklets Available from CNVC by PuddleDancer</i> | <i>45</i> |
| <i>About CNVC and NVC</i> | <i>46</i> |
| <i>How You Can Use The NVC Process ... (back inside cover)</i> | |