How You Can Use the NVC Process

Clearly expressing how I am
without blaming or criticizing

Empathically receiving how you are
without hearing blame or criticism

**OBSERVATIONS**

1. What I observe (see, hear, remember, imagine, free from my evaluations) that does or does not contribute to my well-being:
   “When I see/hear . . . ”

1. What you observe (see, hear, remember, imagine, free from your evaluations) that does or does not contribute to your well-being:
   “When you see/hear . . . ”
   (Sometimes unspoken when offering empathy)

**FEELINGS**

2. How I feel (emotion or sensation rather than thought) in relation to what I observe:
   “I feel . . . ”

2. How you feel (emotion or sensation rather than thought) in relation to what you observe:
   “You feel . . . ”

**NEEDS**

3. What I need or value (rather than a preference, or a specific action) that causes my feelings:
   “. . . because I need/value . . . ”

3. What you need or value (rather than a preference, or a specific action) that causes your feelings:
   “. . . because you need/value . . . ”

**REQUESTS**

Clearly requesting that which would enrich my life without demanding

Empathically receiving that which would enrich your life without hearing any demand

4. The concrete actions I would like taken:
   “Would you be willing to . . . ?”

4. The concrete actions you would like taken:
   “Would you like . . . ?”
   (Sometimes unspoken when offering empathy)

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