

Nonviolent Communication Summary of Basic Concepts

NONVIOLENT/LIFE-CONNECTED COMMUNICATION	LIFE-ALIENATED COMMUNICATION
Power WITH others	Power OVER others
Win/win (I/thou)	Win/lose or lose/lose (you or I)
Process language	Static language
Focus on HOW people are (how they feel and what they need)	Focus on WHAT people are (labels, diagnoses, interpretations)
Value judgments	Moralistic judgments
Requests	Demands
PURPOSE: to create and maintain a certain quality of connection to allow everyone to get their needs met	PURPOSE: to get what we want
Inspires compassionate response	Tends to produce aggressive or indifferent response
Force used only to protect life	Force used punitively
Acceptance of choice and responsibility for one's actions and feelings originating from one's met or unmet needs	Denial of choice and responsibility for one's feelings, originating from actions by others or situations outside of oneself
No blame of self or others	Blame of self and/or others
Motivation based on seeing how one's actions contribute to life, meeting needs of self and others (intrinsic motivation)	Motivation based on guilt, shame, fear of punishment, hope for reward (extrinsic motivation)
Interdependence AND autonomy	Dependence/independence