

Components of Nonviolent Communication (NVC)

While NVC is much more than a communication model, the components below provide a structural concept of the process that leads to giving and receiving from the heart.

Honestly Expressing how I am and what I would like without using blame, criticism or demands

Empathically Receiving how another is and what he/she would like without hearing blame, criticism or demands

Whether expressing or receiving, NVC focuses our attention on four pieces of information:

Observations—Objectively describing what is going on without using evaluation, moralistic judgment, interpretation or diagnosis

Feelings—Saying how you feel (emotions and body sensations) about what you have observed without assigning blame

Needs—The basic human needs that are or not being met and are the source of feelings

Requests—Clear request for actions that can meet needs