



## *Non-violent Communication*

### 1. Description of what I have observed without personal judgment:

Example:

“I observed that for the third time this week you did not put your clothes in the washing machine. You left your clothes in the bathroom.”

Do not say: “You always leave your clothes everywhere in the house!”

When we judge others (like blaming, insulting, labeling, criticizing, comparing, etc.) we contribute to violence.

### 2. How do I feel about that observation?

Example:

“I feel angry, bored and exhausted.”

### 3. What do I need?

Example:

“I need structure, order and cleanness in the bathroom.”

When we hear the other person’s **feelings** and **needs**, we recognize **our common humanity**.

### 4. Concrete request to the other person:

Example:

“I would like you to put your clothes in the washing machine.”

Do not say: “I would like you to show more respect for cleanness in the house!”



## Our Feelings

### A) Feelings we may experience when our needs are being met:

Affectionate	Engaged	Exhilarated	Hopeful	Joyful	Peaceful
<ul style="list-style-type: none"> <li>- Compassionate</li> <li>- Friendly</li> <li>- Loving</li> <li>- Open hearted</li> <li>- Sympathetic</li> <li>- Tender</li> <li>- Warm</li> </ul>	<ul style="list-style-type: none"> <li>- Absorbed</li> <li>- Alert</li> <li>- Curious</li> <li>- Engrossed</li> <li>- Enchanted</li> <li>- Entranced</li> <li>- Fascinated</li> <li>- Interested</li> <li>- Intrigued</li> <li>- Involved</li> <li>- Spellbound</li> <li>- Stimulated</li> </ul>	<ul style="list-style-type: none"> <li>- Blissful</li> <li>- Ecstatic</li> <li>- Elated</li> <li>- Enthralled</li> <li>- Exuberant</li> <li>- Radiant</li> <li>- Rapturous</li> <li>- Thrilled</li> </ul>	<ul style="list-style-type: none"> <li>- Expectant</li> <li>- Encouraged</li> <li>- Optimistic</li> </ul>	<ul style="list-style-type: none"> <li>- Amused</li> <li>- Delighted</li> <li>- Glad</li> <li>- Happy</li> <li>- Jubilant</li> <li>- Pleased</li> <li>- Ticked</li> </ul>	<ul style="list-style-type: none"> <li>- Calm</li> <li>- Clear headed</li> <li>- Comfortable</li> <li>- Centered</li> <li>- Content</li> <li>- Equanimous</li> <li>- Fulfilled</li> <li>- Mellow</li> <li>- Quiet</li> <li>- Relaxed</li> <li>- Relieved</li> <li>- Satisfied</li> <li>- Serene</li> <li>- Still</li> <li>- Tranquil</li> <li>- Trusting</li> </ul>
Confident	Excited	Grateful	Inspired	Refreshed	
<ul style="list-style-type: none"> <li>- Empowered</li> <li>- Open</li> <li>- Proud</li> <li>- Safe</li> <li>- Secure</li> </ul>	<ul style="list-style-type: none"> <li>- Amazed</li> <li>- Animated</li> <li>- Ardent</li> <li>- Aroused</li> <li>- Astonished</li> <li>- Dazzled</li> <li>- Eager</li> <li>- Energetic</li> <li>- Enthusiastic</li> <li>- Giddy</li> <li>- Invigorated</li> <li>- Lively</li> <li>- Passionate</li> <li>- Surprised</li> <li>- Vibrant</li> </ul>	<ul style="list-style-type: none"> <li>- Appreciative</li> <li>- Moved</li> <li>- Thankful</li> <li>- Touched</li> </ul>	<ul style="list-style-type: none"> <li>- Amazed</li> <li>- Awed</li> <li>- Wonder</li> </ul>	<ul style="list-style-type: none"> <li>- Enlivened</li> <li>- Rejuvenated</li> <li>- Renewed</li> <li>- Rested</li> <li>- Restored</li> <li>- Revived</li> </ul>	



## Our Feelings

### B) Feelings we may experience when our needs are not being met:

Afraid	Annoyed	Angry	Aversion	Confused	Disconnected	Disquiet
<ul style="list-style-type: none"> <li>- Apprehensive</li> <li>- Dread</li> <li>- Foreboding</li> <li>- Frightened</li> <li>- Mistrustful</li> <li>- Panicked</li> <li>- Petrified</li> <li>- Scared</li> <li>- Suspicious</li> <li>- Terrified</li> <li>- Wary</li> <li>- Worried</li> </ul>	<ul style="list-style-type: none"> <li>- Aggravated</li> <li>- Dismayed</li> <li>- Disgruntled</li> <li>- Displeased</li> <li>- Exasperated</li> <li>- Frustrated</li> <li>- Impatient</li> <li>- Irritated</li> <li>- Irked</li> </ul>	<ul style="list-style-type: none"> <li>- Enraged</li> <li>- Furious</li> <li>- Incensed</li> <li>- Indignant</li> <li>- Irrate</li> <li>- Livid</li> <li>- Outraged</li> <li>- Resentful</li> </ul>	<ul style="list-style-type: none"> <li>- Animosity</li> <li>- Appalled</li> <li>- Contempt</li> <li>- Disgusted</li> <li>- Dislike</li> <li>- Hate</li> <li>- Horrified</li> <li>- Hostile</li> <li>- Repulsed</li> </ul>	<ul style="list-style-type: none"> <li>- Ambivalent</li> <li>- Baffled</li> <li>- Bewildered</li> <li>- Dazed</li> <li>- Hesitant</li> <li>- Lost</li> <li>- Mystified</li> <li>- Perplexed</li> <li>- Puzzled</li> <li>- Torn</li> </ul>	<ul style="list-style-type: none"> <li>- Alienated</li> <li>- Aloof</li> <li>- Apathetic</li> <li>- Bored</li> <li>- Cold</li> <li>- Detached</li> <li>- Distant</li> <li>- Distracted</li> <li>- Indifferent</li> <li>- Numb</li> <li>- Removed</li> <li>- Uninterested</li> <li>- Withdrawn</li> </ul>	<ul style="list-style-type: none"> <li>- Agitated</li> <li>- Alarmed</li> <li>- Discombobulated</li> <li>- Disconcerted</li> <li>- Disturbed</li> <li>- Perturbed</li> <li>- Rattled</li> <li>- Restless</li> <li>- Shocked</li> <li>- Startled</li> <li>- Surprised</li> <li>- Troubled</li> <li>- Turbulent</li> <li>- Turmoil</li> <li>- Uncomfortable</li> <li>- Uneasy</li> <li>- Unnerved</li> <li>- Unsettled</li> <li>- Upset</li> </ul>



## *Our Needs*

Connection	Honesty	Play	Peace	Physical Well Being	Meaning	Autonomy
<ul style="list-style-type: none"> <li>- Acceptance</li> <li>- Affection</li> <li>- Appreciation</li> <li>- Belonging</li> <li>- Cooperation</li> <li>- Communication</li> <li>- Closeness</li> <li>- Community</li> <li>- Companionship</li> <li>- Compassion</li> <li>- Consideration</li> <li>- Consistency</li> <li>- Empathy</li> <li>- Inclusion</li> <li>- Intimacy</li> <li>- Love</li> <li>- Mutuality</li> <li>- Nurturing</li> <li>- Respect/Self-respect</li> <li>- Safety</li> <li>- Security</li> <li>- Stability</li> <li>- Support</li> <li>- To know and be known</li> <li>- To see and be seen</li> <li>- To understand and be understood</li> <li>- Trust</li> <li>- Warmth</li> </ul>	<ul style="list-style-type: none"> <li>- Authenticity</li> <li>- Integrity</li> <li>- Presence</li> </ul>	<ul style="list-style-type: none"> <li>- Joy</li> <li>- Humor</li> </ul>	<ul style="list-style-type: none"> <li>- Beauty</li> <li>- Communion</li> <li>- Ease</li> <li>- Equality</li> <li>- Harmony</li> <li>- Inspiration</li> <li>- Order</li> </ul>	<ul style="list-style-type: none"> <li>- Air</li> <li>- Food</li> <li>- Movement/exercise</li> <li>- Rest/sleep</li> <li>- Sexual expression</li> <li>- Safety</li> <li>- Shelter</li> <li>- Touch</li> <li>- Water</li> </ul>	<ul style="list-style-type: none"> <li>- Awareness</li> <li>- Celebration of life</li> <li>- Challenge</li> <li>- Clarity</li> <li>- Competence</li> <li>- Consciousness</li> <li>- Contribution</li> <li>- Creativity</li> <li>- Discovery</li> <li>- Efficacy</li> <li>- Effectiveness</li> <li>- Growth</li> <li>- Hope</li> <li>- Learning</li> <li>- Mourning</li> <li>- Participation</li> <li>- Purpose</li> <li>- Self-expression</li> <li>- Stimulation</li> <li>- To matter</li> <li>- Understanding</li> </ul>	<ul style="list-style-type: none"> <li>- Choice</li> <li>- Freedom</li> <li>- Independence</li> <li>- Space</li> <li>- Spontaneity</li> </ul>