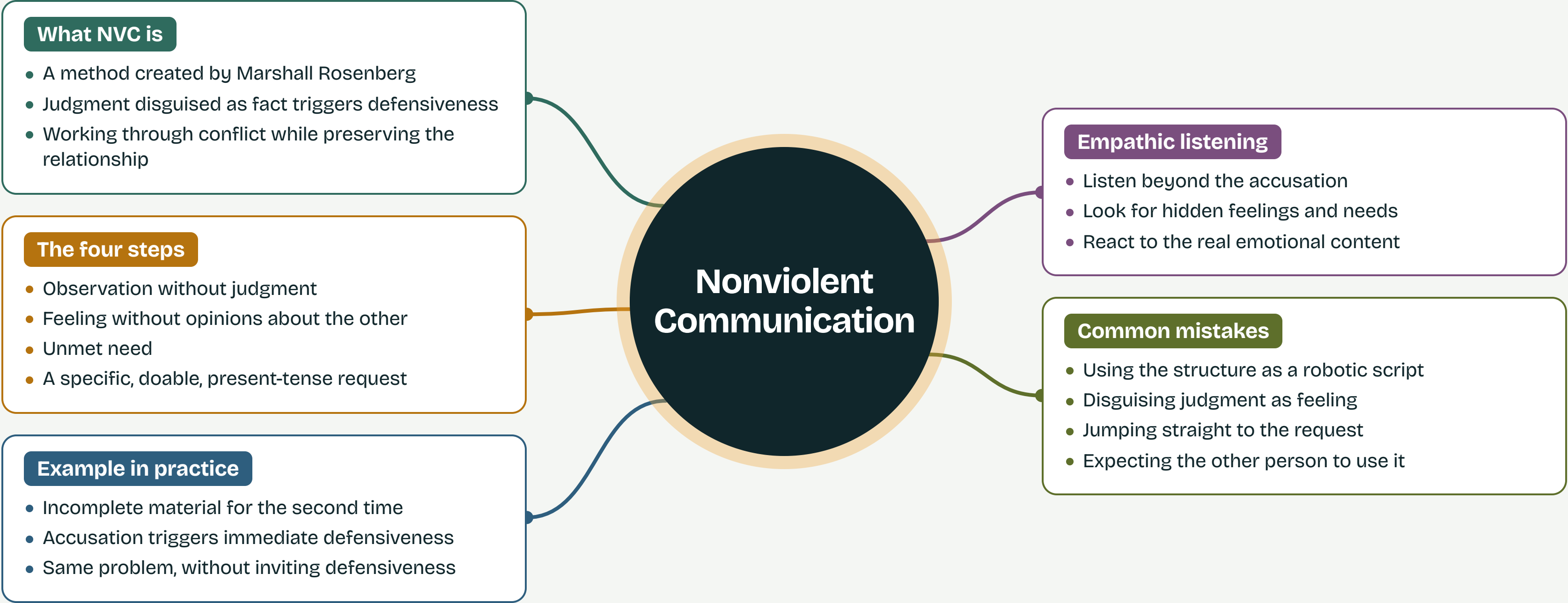




Nonviolent communication: what it is and how to apply it



Action plan

1

Describe the fact the way a camera would

2

Name what you feel, without judging

3

Identify the need behind the feeling

4

Make a specific, doable, present-tense request

5

Listen for the need behind criticism you receive

Key takeaway

NVC doesn't avoid conflict: it swaps judgment for fact, feeling, need and request.

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