

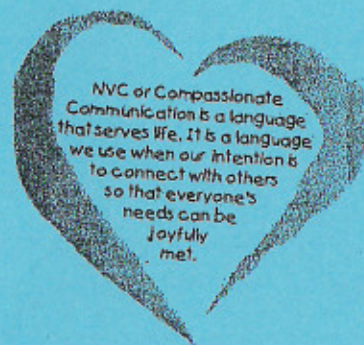
Nonviolent Communication ZINE



Gratitude and Appreciation

Key Ideas:

- Judging things as "good" or "right" is not different in essence from judging them as "bad" or "wrong"—they belong to the same paradigm, and our evaluation can easily shift from "good" to "bad." Translating our positive evaluations into NVC frees us from this paradigm and from the role of "judge."
- When we enjoy something or are grateful, expressing what needs of ours have been met can be powerful and deeply satisfying to our children and to us.
- By expressing our observations, feelings, and needs instead of praising, we contribute to meeting our children's needs for intrinsic motivation and for contribution.



Collaged w/ Love
for You by Liberty

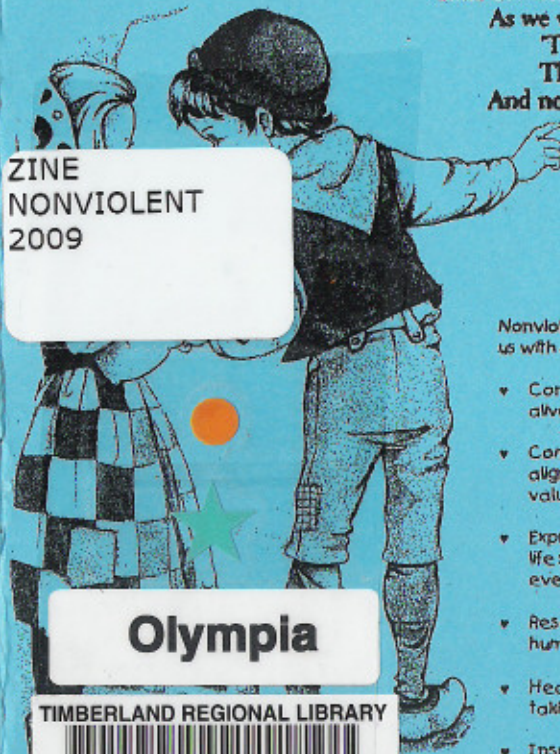
The Winds of Fate

One ship drives east and another drives west
With the selfsame winds that blow.
'Tis the set of the sails
And not of the gales
Which tells us the way to go.

Like the winds of the sea are the ways of fate,
As we voyage along through life;
'Tis the set of a soul
That decides its goal,
And not the calm or the strife.

Ella Wheeler Wilcox

ZINE
NONVIOLENT
2009



Nonviolent Communication provides us with a way to:

- Connect with and express what is alive in ourselves and others
- Communicate in ways that are in alignment with our needs and values
- Express clear requests and explore life-serving strategies for meeting everyone's needs
- Resolve conflict peacefully and humanely
- Hear difficult messages without taking them personally
- Inspire joyful giving from the heart



Olympia

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About NVC

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Nonviolent Communication (NVC) is a way of interacting that facilitates the flow of communication needed to exchange information and resolve differences peacefully. It focuses on shared human values and needs, and encourages the use of language that increases goodwill—and avoidance of language that contributes to resentment or lowered self-esteem.

Nonviolent Communication assumes that *enriching life* is the most satisfying motivation for doing things, rather than being motivated by fear, guilt, blame, or shame. It emphasizes taking personal responsibility for choices and improving the quality of relationships as a primary goal. It is effective even when other people involved are not familiar with the process.

Through Nonviolent Communication you will understand that:

- Anything that anyone does is an attempt to fulfill unmet needs.
- Meeting needs through cooperation rather than competition is healthier for everyone.
- People naturally enjoy contributing to the well being of others when they can do so willingly.

Through Nonviolent Communication you have an opportunity to:

- Create more satisfying personal connections.
- Meet your needs in ways that honor and respect your values and the values of others.
- Heal from previous experiences and relationships that have been painful or unsuccessful.

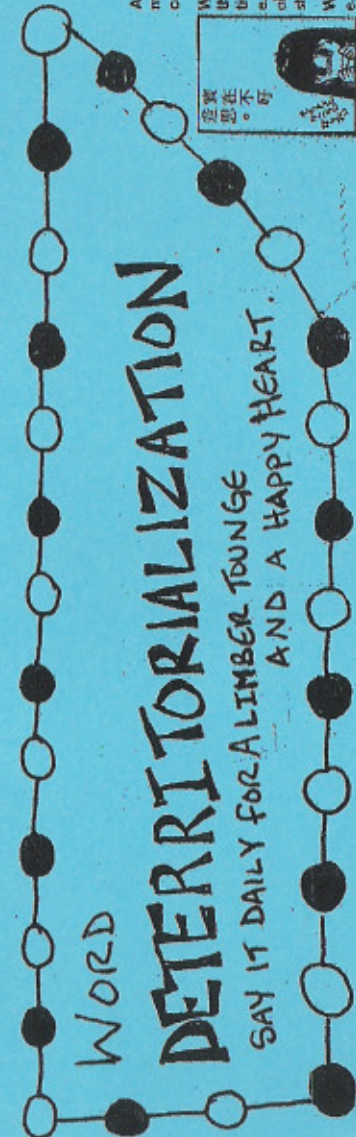
Nonviolent Communication skills will help you:

- Resolve feelings of guilt, shame, fear, and depression.
- Transform anger or frustration into coalition building and cooperative outcomes.
- Create solutions based on safety, mutual respect, and consensus.
- Meet basic individual, family, school, community, and societal needs in life-enriching ways.

For more information about the Center for Nonviolent Communication and Nonviolent Communication please visit www.CNVC.org and www.NonviolentCommunication.com

Handwritten symbols: a large 'F' and a stylized signature or mark.

NO WAR



WORD

DETERIORIALIZATION

SAY IT DAILY FOR A LIMBER TONGUE AND A HAPPY HEART.



Alienating Language

Alienating language is language use that makes it difficult for us to remain connected to our compassionate nature:

Words that imply wrongness (designed for the game *Who's right?*), usually comparative, diagnostic and judgmental
 e.g. should, ought, right, bad, right, wrong, always, never, appropriate, inappropriate, stupid.

Words that label others
 e.g. loser, racist, alcoholic - these words are static and have a dehumanizing effect.

Words that minimize choice and respect for other's autonomy (demands)
 e.g. you must, you have to - these words usually guarantee resistance and provoke rebellious or submissive responses.

Words that deny one's responsibility for actions taken
 e.g. I had to, the boss said so, it's company policy, just following orders, that's just the way it is, I had no choice, it's not possible.

Words associated with the concept that certain actions merit reward/punishment
 e.g. he/she "deserves" ...

When we are communicating using alienating language, honesty means blaming and telling others what is wrong with them or telling ourselves that there is something wrong with us. We hear criticism, judgment, analysis and diagnosis. Consequently, we invest our energy into condemning ourselves or others and defending ourselves through counter-attack.

Symptoms of alienating language often appear as feelings of anger, guilt, shame and depression. Whenever we experience any of these, we have the opportunity to explore the thinking which is stimulating our discomfort.



When the morning breaks
 and the sunlight warms my soul
 In the East the Eagle flies
 and the Red-tail proudly soars
 I'm on my way
 to the place of the spirit one
 Grandfather hear me now
 I am on fire.
 Let the sundance guide my feet
 to your desire
 Give me visions for my eyes
 and words like gold
 that shimmer in the sun
 Hy-ah, hy-ah, hy-ah

When the sun goes down
 and it grows too dark to see
 I look within
 to the shaman's mysteries.
 I'm on my way,
 to die and live again
 Grandmother Earth I cry
 give me rest.
 I take my place with the
 with the woman in the West
 Show me the Raven and the Bear,
 the way of herbs
 and the black obsidian
 Hy-ah, hy-ah, hy-ah

Turn toward the South
 like the water I will run
 In innocence and trust
 the moonchild's song is sung
 I'm on my way
 to the place of the sacred plants
 My emotions and my will
 at their command
 Where the Turtle's voice
 is heard upon the land
 Where the wise Coyote prowls
 the Rattlesnake will call me
 to the dance.
 Hy-ah, hy-ah, hy-ah

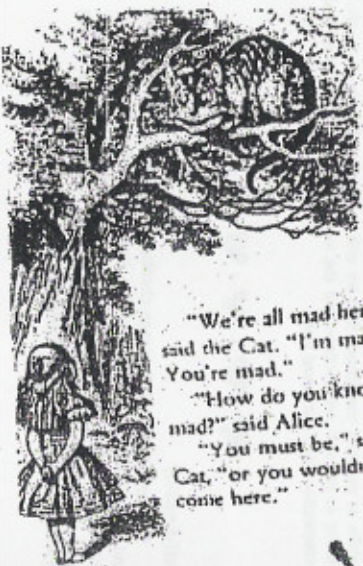
In the deepest night
 the stars watch over me
 Old woman of the North
 my mind seeks clarity
 I'm on my way
 to the place of the northern winds
 Let the thunder and the lightning carry me
 Lay my thoughts to rest
 and send me into sleep
 With the Hawk and the Buffalo
 my dreams white crystal,
 magic medicine
 Hy-ah, hy-ah, hy-ah, hy-ah, hy-ah

It's like a dream, DON'T WAKE ME UP!
The love flows and grows,
as if it knows where it's going.
But the plan is not told, nor planned,
but spontaneous. How exciting!
All the possibilities, all unknown, all possible!

Some worry, anticipate,
trying to have something to count on.
Count on this:
Yourself,
Change,
And Infinite Possibilities!

Do we hope for an improbable self contrived outcome?
Or can we simply trust...
Patiently await the future.
Does this mean we have no say in our future?
Can we not hope, dream, Plan?
Does our future not begin now?
Are we manifesting our dreams now?
YOU CAN'T WAKE ME UP!

LIBERTY01



"We're all mad here,"
said the Cat. "I'm mad.
You're mad."
"How do you know I'm
mad?" said Alice.
"You must be," said the
Cat, "or you wouldn't have
come here."



Breaking Open Inside Outside
Rushing radiating Reaching
All Life Shining Sauce-like
Inner Being itself Recurring in itself

Breaking Open Inside Outside
Rushing radiating Reaching All Life
All life blooming Kindling
Inside Lighting Looking Open in without
In Inner Being Golden flowing
Moving outward in itself
Looking Open in without
Shining Sauce-like inside Deviding
In Inner being Golden flowing
Moving outward in itself

Doing Living Co-evolving
All Life itself recurring In itself
Looking Open in without
All Life Rushing Radiating Reaching
Treetops Upright bearing Wholeness
Carrying Light



Dear Reader:

You'll find some of
my poetry, but mostly
Pirated Images, Poems &
NVC stuff from 2 sources
I hope you enjoy &

Share it.
I know I will.
Peace,
Liberty



The NVC Model

The following four steps of the NVC model guide us in connecting with what is alive in us and others.

- 1. Observation**
Stating clearly what a person is saying or doing that is or isn't enriching life without using words that evaluate, judge, label, analyze, criticize and/or diagnose.
- 2. Feelings**
Connecting with and expressing what is alive in us using words that accurately describe the emotions and sensations we are experiencing.
- 3. Needs**
Connecting with the met or unmet need or value that is the source of the feelings.
- 4. Requests**
Asking for that which would enrich life. The request is not a strategy to get people to do things they don't want to do or a way to manipulate or change people.



F is for Friends

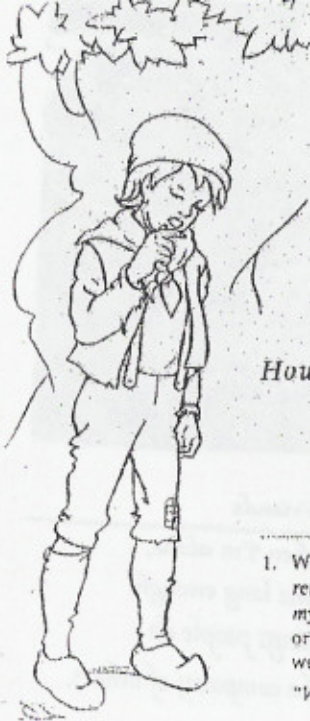
Now and then when I'm alone,
And I've been alone long enough
To do all the things people do
When they aren't in the company of others.

I find myself sighing, breathing,
Exhaling long, eyes closed,
My body stopped in time,
My mind traveling back
To a moment when I last looked at you
And sighed thoughts of admiration and love.

I wonder what you are doing right now,
Where are you? Are you hungry?
Do you need a hug? When will I see you again?
Can we go for a long walk to the beach,
Dance, and stretch and sigh long breaths
Together?

LIBERTY01

POSICORE FOR LIFE



Left-handed Gemini's View of Space, Time & Love

*I am here and now...but it is temporary.
I love you, I always have and I always will.
I love NOW, HERE, with YOU.
This moment spans eternity.*

LIBERTY 01

How You Can Use The NVC Process



Honestly 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 dropped 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 . . ."

Clearly requesting that which would enrich my life without demanding

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

REQUESTS

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

4. The concrete actions you would like taken:
"Would you like . . .?"

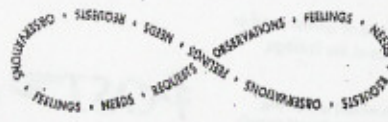
(Sometimes dropped when offering empathy)

Expressing ourselves:

When I see, hear . . .
I feel . . .
because I need . . .
Would you be willing . . . ?

Empathic connection:

When you see, hear . . .
are you feeling . . .
because you are needing . . . ?
Would you like . . . ?



Empathy

"Don't just do something - be there."

Buddha

For the most part, empathic connection happens silently. It is the quality of our listening that creates the connection. When we are connecting empathically, the words we use will naturally be rooted in empathy. We facilitate empathic connection when:

- Our only intention is to connect with the other person because it meets our own needs to witness what is alive in them.
- We are fully present and have turned out any mind chatter such as thoughts or theories we might have about the person or situation.
- We are completely focused on the other person, tuning totally into their feelings and needs.

Once empathic connection is established and everyone clearly hears everyone else's needs without hearing criticism or demands, solutions reveal themselves with ease.

Many times, when a person needs empathic connection the most, they will be feeling strong emotions and may be expressing themselves in ways that make it most difficult for us to hear their need. We may be hearing criticism in their words or we may want to quickly find a solution for their problem. Strategies such as problem solving, giving advice, evaluating, explaining, connecting, sympathizing, or questioning, even when well-meaning, are blocks to empathic connection. It is therefore critical to remember two things if we are to enjoy giving empathy to others:

1. We are never responsible for how another person feels.
2. It isn't our job to make the other person feel better.



I believe that the most powerful and joyful intrinsic motivation human beings have for taking any action is the desire to meet our own and others' needs. Both children and adults act out of this intrinsic motivation when they feel genuinely connected to themselves and each other, when they trust that their needs matter to the other, and when they experience the freedom to choose to contribute to the other.



I don't know anyone who was brought up practicing self-empathy. The novelty of self-empathy, combined with the effort it takes to make time for it, can make it seem like an impossible luxury. Yet self-empathy can give us "breathing room" for facing life, much like a meditation practice. While it may not solve every problem, it may actually help us accept the times when we cannot find a "fix." Through self-empathy, we can provide for ourselves some very powerful resources: connection and nurturing for ourselves; focus on what matters most to us; access to creative problem-solving; space to grow and deepen our skills as parents; confidence that we will act more often in ways that bring us joy and satisfaction; and the sweetest thing of all: trust and connection with our loved ones.



Self-Empathy

Self-empathy in NVC means checking in with your own feelings and needs. This may seem odd at first, but I and many other NVC practitioners have found it profoundly effective for increasing self-acceptance, self-connection, and inner peace. Just taking a minute before reacting can reduce anger and prevent a power struggle!

The Joy of Giving

"When we give from the heart, we do so out of a joy that springs forth whenever we willingly enrich another person's life."

Marshall Rosenberg

Nonviolent Communication (NVC) is a process language that evokes the natural human joy of giving within us and others. With its specific approach to speaking and listening, NVC facilitates the flow of natural compassion between people. By focusing on four areas - observation, feelings, needs and requests - we are able to express ourselves and hear others while maintaining respectful and empathic connections. We become attentive to universal human needs and joyfully seek ways to meet those needs for everyone. Through NVC we ultimately become aware that all people are ever loving are various forms of "please" and "thank you."

"Please"

is an opportunity to enrich life.

"Thank you"

is a celebration that life has been enriched.

What do we want people's reasons to be for doing what we've asked?

We often know what we want people to do for us but we often leave out this very important question. When people can truly connect with how their giving enriches the lives of others, they naturally feel joy in performing acts of giving. Conversely, when people act out of duty, obligation, fear, guilt or shame, they often feel resentment and anger and everyone involved misses out on the opportunity to connect compassionately in a way that would enrich life.

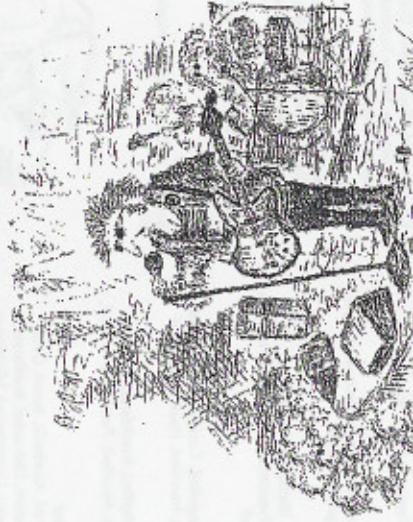
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Now that I've met you,
my heart grows.

This new heart space was born
when we met and became friends.

When we part, I'll have a part of me that will
always love you, always miss you,
always be glad to be near you again.

LIBERTY!



"The love ballad I'm about to sing will pose a lot of uncomfortable questions about gender identity and class-based issues. I hope you can handle it."

Requests

Nearly always, when we are communicating with others, we are wanting something back from them. In such exchanges, it is vitally important to end with a do-able request. We therefore want to have clarity and awareness of what specific actions we would like that might contribute to meeting our needs. If we do not end with a request, people can easily feel confused about how to respond. They may blame themselves when hearing about our unmet needs and think that they are somehow the cause of our pain or they may blame us for expressing pain that they don't know how to fix. Either will result in further alienation.

Types of requests:

1) Connection Request

When our immediate need is to be heard and understood or to hear and understand others, we can request the following:

"Would you be willing to tell me what you heard me say?"
"Would you be willing to tell me how you feel hearing me say this?"

2) Action Request

Once empathic connection is established, we can proceed with the action request where specific strategies can be explored. In making our request, we want to express what we would like the other person to do rather than what we don't want them to do:

"Would you be willing to look into my eyes when we talk?"

"Would you agree to have this report on my desk by 10:00am tomorrow morning?"

Requests versus Demands

Use of the words "Would you be willing?" convey to others that we are in fact making a request and not a demand. We are open to receiving a "no" and learning from the other person what needs of theirs would not be met by acting on our request.



STUFF
YOUR
JOBS
WE
WANT
LAND

Some Basic Feelings We All Have

Feelings when needs "are" fulfilled

- | | | | |
|-------------|--------------|---------------|--------------|
| • Amazed | • Joyous | • Comfortable | • Moved |
| • Confident | • Optimistic | • Eager | • Proud |
| • Energetic | • Relieved | • Fulfilled | • Stimulated |
| • Glad | • Surprised | • Hopeful | • Thankful |
| • Inspired | • Touched | • Intrigued | • Trustful |

Feelings when needs "are not" fulfilled

- | | | | |
|----------------|-------------|---------------|-----------------|
| • Angry | • Hopeless | • Annoyed | • Impatient |
| • Confused | • Irritated | • Concerned | • Lonely |
| • Disappointed | • Nervous | • Discouraged | • Overwhelmed |
| • Distressed | • Puzzled | • Embarrassed | • Reluctant |
| • Frustrated | • Sad | • Helpless | • Uncomfortable |

Some Basic Needs We All Have

Autonomy

- Choosing dreams/goals/values
- Choosing plans for fulfilling one's dreams, goals, values

Celebration

- Celebrate the creation of life and dreams fulfilled
- Celebrate losses: loved ones, dreams, etc. (mourning)

Integrity

- Authenticity • Creativity
- Meaning • Self-worth

Interdependence

- Acceptance • Appreciation
- Closeness • Community
- Consideration
- Contribute to the enrichment of life
- Emotional Safety • Empathy

Physical Nurturance

- Air • Food
- Movement, exercise
- Protection from life-threatening forms of life: viruses, bacteria, insects, predatory animals
- Rest • Sexual expression
- Shelter • Touch • Water

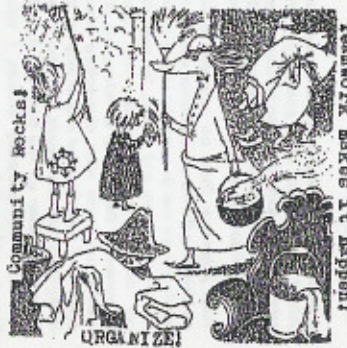
Play

- Fun • Laughter

Spiritual Communion

- Beauty • Harmony
- Inspiration • Order • Peace

- Honesty (the empowering honesty that enables us to learn from our limitations)
- Love • Reassurance
- Respect • Support
- Trust • Understanding





Observations

"The highest form of human intelligence is the ability to observe without evaluating."

Krishnamurti

When interacting or exchanging with others, we want to begin with a very specific observation about what the other person is doing and is or isn't enacting for us. We want to leave out any words that imply wrongness and judge others.

Examples:

"You're always late!" This is an assessment. Rightward: "When you arrive 45 minutes later than we had agreed on, I feel . . ."

"You're such a kind person!" This is a judgment. Rightward: "When I see you sharing your lunch with Chris, I feel . . ."

About Judgments: *NVC encourages the use of value judgments and discourages the use of moralistic judgments. It's important to differentiate between the two:*

Value judgments: These are judgments based on identifying the life-serving human values and needs that are met or unmet by actions taken. The needs for care and respect, for example, are common to all people. With clear awareness of these needs or values, we can identify and make clear observations about actions and behaviors that may or may not be in alignment with these needs. Example: "When I hear a politician say one thing and then do another, I feel concerned because I value honesty and integrity."

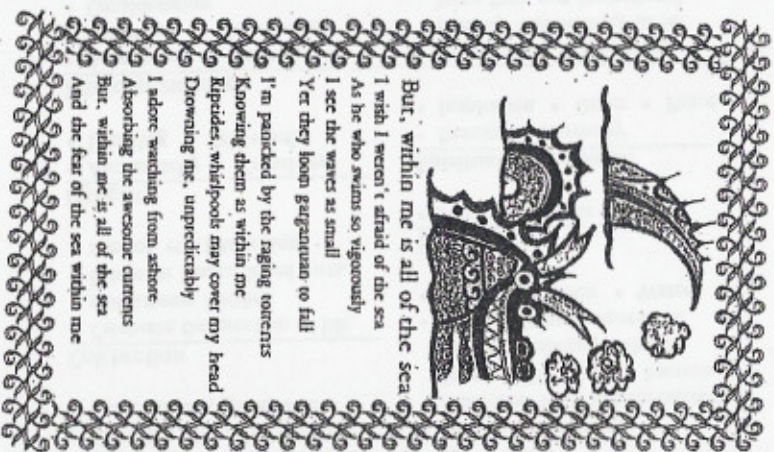


Feeling Words When Needs Are Being Met

- Affectionate**
Compassionate, Friendly, Loving, Openhearted, Sympathetic, Tender, Warm
- Confident**
Empowered, Open, Proud, Safe, Secure
- Engaged**
Absorbed, Alert, Curious, Engrossed, Enchanted, Enticed
- Excited**
Amazed, Astonished, Awestruck, Aroused, Astonished, Dazzled, Eager, Energetic, Enthusiastic, Gladly, Impassioned, Lively, Passionate, Surprised, Vibrant
- Enlightened**
Blissful, Ecstatic, Elected, Enthralled, Exuberant
- Grateful**
Appreciative, Moved, Thankful, Touched
- Hopeful**
Expectant, Encouraged, Optimistic
- Inspired**
Amazed, Awe'd, Raptant, Rapturous, Trilled, Wonder
- Joyful**
Amused, Delighted, Glad, Happy, Jubilant, Pleased, Trilled
- Peaceful**
Calm, Clear headed, Comfortable, Contented, Content, Equanimous, Fulfilled, Mellow, Quiet, Relaxed, Relieved, Satisfied, Serene, Focused, Interested, Intranquil, Involved, Spallbound, Stimulated
- Refreshed**
Enlivened, Rejuvenated, Renewed, Reited, Restored, Revived
- Skill**
Trustful, Trusting

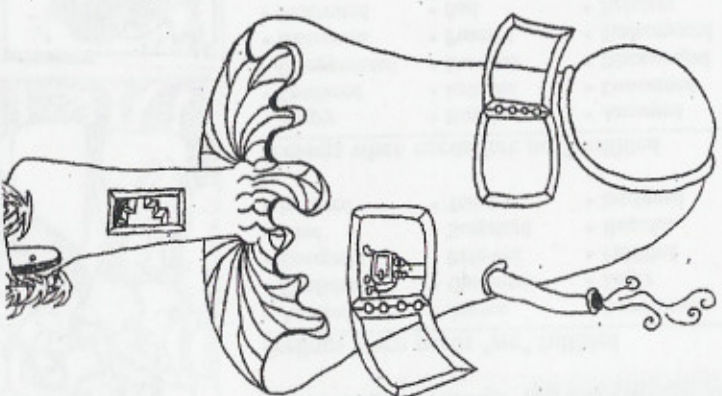
Feeling Words When Needs Are Not Being Met

- Atraid**
Apprehensive, Dread, Foreboding, Frightened, Miserable, Panicked, Petrified, Scared, Suspicious, Tormented, Wary, Worried
- Angry**
Enraged, Furious, Incensed, Indignant, Irate, Livid, Outraged, Resentful
- Annoyed**
Aggravated, Annoyed, Disgruntled, Displeased, Exasperated, Frustrated, Impatient, Irrited, Irritated
- Aversion**
Antipathy, Appalled, Contempt, Disgusted, Dislike, Hate, Horrified, Heavily, Repulsed
- Confused**
Ambivalent, Baffled, Bewildered, Dazed, Hesitant, Lost, Mystified, Perplexed, Puzzled, Torn
- Disconnected**
Alienated, Aloof, Apathetic, Bored, Cold, Detached, Distant, Distracted, Indifferent, Numb, Remoted, Uninterested, Withdrawn
- Disquiet**
Agitated, Alarmed, Discouraged, Distracted, Disturbed, Frenzied, Restless, Shooked, Startled, Surprised, Troubled, Turbulent, Tumbled, Uncomfortable, Uneasy, Unsettled, Uneasy
- Embarrassed**
Ashamed, Chagrined, Flustered, Guilty, Mortified, Self-conscious
- Fatigue**
Beat, Burnt out, Depleted, Exhausted, Lethargic, Listless, Sleepy, Tired, Weary, Worn out
- Pain**
Agony, Anguished, Bereaved, Devastated, Grief, Heartbroken, Hurt, Lament, Miserable, Regretful, Remorseful



But, within me is all of the sea
I wish I weren't afraid of the sea
As he who swims so vigorously
I see the waves as small
Yet they loom gargantuan to fill
I'm panicked by the raging torrents
Knowing them is within me
Ripides, wildfools may cover my head
Drowning me, unpredictably
I adore watching from ashore
Absorbing the awesome currents
But, within me is all of the sea
And the fear of the sea within me

LOVE~CORE



Need Words

- Autonomy**
Choice, Freedom, Independence, Space, Spontaneity
 - Connection**
Acceptance, Affection, Appreciation, Belonging, Closeness, Communication, Community, Companionship, Compassion, Consideration, Consistency, Cooperation, Empathy, Inclusion, Intimacy, Love, Mutuality, Nurturing, Respect/ Self-respect, Safety, Security, Stability, Support, To know and be known, To see and be seen, To understand and be understood, Trust, Warmth
 - Honesty**
Authenticity, Integrity, Presence
 - Meaning**
Awareness, Collaboration of Life, Challenge, Clarity, Competence, Concourance, Contribution, Creativity, Discovery, Effectiveness, Ethical, Growth, Hope, Learning, Meditating, Mourning, Participation, Purpose, Self-expression, Stimulation, Understanding
 - Peace**
Communion, Ease, Equality, Harmony, Inspiration, Order
 - Physical Well-Being**
Air, Food, Movement/Exercise, Rest/Sleep, Safety, Sexual expression, Shelter, Touch, Water
 - Play**
Joy, Humor
- The following words are often confused as feelings when, in fact, they are interpretations or assessments of others' actions:
- Abandoned, Abused, Altered, Battered, Betrayed, Bored-in, Bullied, Cheated, Coerced, Corrupted, Criticized, Diminished, Disturbed, Ignored, Jostled, Interrupted, Intruded, Involved, Let down, Manipulated, Misrepresented, Neglected, Overworked, Patronized, Pressured, Provoked, Put down, Rejected, Ripped off, Taken for granted, Threatened, Tricked, Unappreciated, Unheard, Unseen, Unsupported, Unwanted, Used, Victimized, Violated, Wronged
- The following words are often confused as feelings when in fact they are judgments of either ourselves or others:
- Diserving, Disorganized, Dumb, Embled, Inadequate, Incompetent, Incomplete, Ineffective, Inefficient, Stupid, Unaccomplished, Understating, Unintelligent, Uninterested, Unlabeled, Unworthy, Worthy

