

*I saw my Lord with the eye of my heart, and I said: Who art Thou? He said Thou.*

—Al-Hallaj

“**Nonviolent Communication (NVC)** (also known as **Compassionate Communication**) is a way of interacting that facilitates the flow of communication needed to resolve differences peacefully. It focuses on shared human values and needs, and encourages [both] 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.”

—Marshall Rosenberg, PhD

The four components of NVC are:

	<p><b>1 Observation</b>  <i>Observing a situation without moralistic judgement or diagnosis.</i></p>
	<p><b>2 Feelings</b>  <i>Expressing to another how you feel without assigning blame.</i></p>
	<p><b>3 Needs</b>  <i>Expressing to another which of your universal needs are unmet or which you would like to have met.</i></p>
	<p><b>4 Request</b>  <i>Expressing a specific, doable request of another person in an effort to help you meet your needs.</i></p>

Text Courtesy of Mary McKenzie, Certified NVC Trainer