



EVALUATION

You never spend time with me anymore.

OBSERVATION

*We haven't spent an hour
alone together in a month.*

FEELINGS that show there's an UNMET NEED

Afraid	Distressed	Irritated	Scared
Angry	Disturbed	Jealous	Sensitive
Anxious	Embarrassed	Lonely	Shocked
Ashamed	Exasperated	Mad	Skeptical
Bitter	Exhausted	Miserable	Sorrowful
Blue	Fearful	Nervous	Sorry
Bored	Frustrated	Numb	Surprised
Concerned	Furious	Overwhelmed	Suspicious
Confused	Guilty	Panicky	Troubled
Depressed	Helpless	Pessimistic	Uncomfortable
Disappointed	Hesitant	Puzzled	Unhappy
Discouraged	Horrible	Reluctant	Upset
Disgusted	Hurt	Resentful	Uptight
Dismayed	Impatient	Restless	Weary
Displeased	Indifferent	Sad	Worried

(Observation)

***“When we haven’t spent an hour alone
together in a month,***

I feel (emotion)

because I need _____.”

NEED

What might be the need if you had the following thought?

“I feel frustrated when she comes in late.”

(Observation)

*“When we haven’t spent an
hour alone together in a month,*

I feel sad

because I need to know you care about me.

(REQUEST ?)

Observation

“When we haven’t spent an hour alone together in a month,

I feel sad

because I need to know you care about me.

REQUEST:

Would you be willing to spend at least one night a week with just me?

NONVIOLENT COMMUNICATION SUMMARY

- Observation - Remove evaluation, judgment; facts only**
- Feeling - Use a Feeling word; opens their heart**
- Need - Name the Need behind the Feeling; creates understanding, empathy**
- Request - Make it optional; ask for clear positive action**

“We should communicate this way OFNR.”

Nonviolent Communication by Marshall Rosenberg

NONVIOLENT COMMUNICATION

Marshall Rosenberg

When you (facts)

I feel (emotion)

because I need (need).

Would you be willing to (request)?

