ÉVA RAMBALA

I trained in Nonviolent Communication directly with Marshall Rosenberg, the founder of NVC.

FOUR OPTIONS FOR RESPONDING TO A NEGATIVE MESSAGE

Losing connection to my power	Connecting with my power
Blaming myself self-victimization depression shame guilt **Blaming others** anger	**Empathic presence with myself** I acknowledge my feelings and needs. **Empathic presence with the other person** I guess the other person's possible feelings and needs.

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RAMBALA

EXPLORING THE PRACTICE OF NONVIOLENT COMMUNICATION

I use non-critical honesty
and empathic presence
to care for the needs of everyone involved.

RAMBALA

I THINK THROUGH

Addressee:

An important relationship where I want to change how I communicate.

MY INTENTION

- ☐ Honesty without criticism.
- ☐ Empathic presence with an open heart and a non-critical mind.
- ☐ Care for the needs of each party involved.

1. MY OBSERVATION

HONESTY WITHOUT CRITICISM

What I saw and heard, without assumptions, generalizations, evaluations, or criticism.

2. MY FEELINGS

I feel

3. MY NEEDS

because I would like

Every feeling is about one person. Needs are universal. Strategies are endless.

4. MY REQUEST

Doable, measurable, and present-focused.

EMPATHIC PRESENCE

5. THE OTHER PERSON'S POSSIBLE FEELINGS AND NEEDS

Do you feel

because you would like

?

MY REALISTIC ACTION PLAN

RAMBALA

FEELINGS

When my needs are met

- expanded
- amazed
- cheerful
- content
- curious
- delighted
- enthusiastic
- excited
- grateful
- happy
- hopeful
- interested
- joyful
- relieved
- rested
- satisfied
- surprised
- touched

When my needs are not met

- contracted
- afraid
- anxious
- apprehensive
- concerned
- confused
- desperate
- disappointed
- fearful
- helpless
- hesitant
- hopeless
- lonely
- pained
- sad
- shocked
- tense
- worried

NEEDS - The roots of my feelings

- enjoying life
- beauty
- comfort
- ease
- fun
- harmony
- peace
- recreation
- sensuality
- stability

- freedom
- equal opportunities
- mutual respect

- meaning
- clarity
- contribution

- connection
- belonging
- care
- cooperation
- emotional safety
- feedback (celebration or mourning)
- inspiration
- love
- restoration
- spontaneity
- support
- tenderness
- to be seen
- to be understood

- integrity
- self-acceptance
- self-actualization

- evolution
- adventure
- challenge
- creativity

- sustenance
- air
- health
- liquid
- movement
- nurturance
- physical safety
- rest
- sexual expression
- shelter
- space
- sun
- touch