

Four steps

Nonviolent Communication (NVC)

- 🔍 **Observations** - without interpretation
- ❤️ **Feelings** - separated from thoughts
- 🎯 **Needs** - what matters underneath
- 🗣️ **Requests** - instead of demands

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Example

NVC statement

- 🔍 When I notice _____
- ❤️ I feel _____
- 🎉 because I need/value _____
- 🎯 Would you be willing to _____?

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