Nonviolent Communication Vocabulary

Model of Nonviolent Communication

Being clear about yourself and expressing this without criticism or judgment.

1. Observations
When I see/hear/think that....

then I feel...
2. Feelings

because I need...
3, Needs

am I/you willing to...?
4, Requests

Empathically listening how the **other person** is doing without criticism or blame.

1. Observations
If you see/hear/think...

do you feel/experience....
2. Feelings

because you need...?
3. Needs

and would you like to...?
4. Request

your influence

Needs

Meaning
understanding, awareness, contribution, creativity, effectiveness, recognition, awareness, growth, clarity, hope, learning, discovery, participation, skill, celebrating life, mourning, stimulation, challenge, importance, efficacy, willpower, self-expression, meaning

Honesty
presence, authenticity, integrity, self-expression

Play
humor, light-ness,enjoyment

Peace
ease, harmony, wholeness, inspiration, order, beauty, connection

Connection
acceptance, affection, understanding and being understood, communication, compassion, empathy, inclusion, belonging, recognition, sense of community, intimacy, love, closeness, support, respect/self respect, cooperation, trust, safety, courtesy, appreciation, reciprocity, being heard, seeing and being seen

Physical well-being
touch, shelter, movement, air, rest, sexuality, safety, humidity, food

Autonomy
choice, independence, space, spontaneity, freedom

Possible feelings when needs are met

Loving
affection
tenderness
compassion
kindness
gentleness
warmth

Concerned
attentive
captivated
engrossed
fascinated
interested
intrigued
stimulated
curious

Self Assurance
empowered
open
proud
determined
self-confident

Peaceful
centered
equanimous
happy
bright
calm
relaxed
relieved
at ease
tranquil
serene
quiet
content
satisfied

Thankful
acknowledged
touched
stirred
moved

Cheerful
ecstatic
blissful
passionate
excited
thrilled

radiant
exuberant
elated
delighted

Hopeful
encouraged
optimistic
expectant

Happy
glad
frivolous
amused
pleased
delighted

Refreshed
stimulated
fit
recovered
rested
renewed
energetic
enthusiastic
animated
passionate
excited
lively
surprised
yearning
amazed
strengthened
astonished

Insipred
impressed
surprised
astonished

Possible feelings when needs are not met

Anxiety
panic
worry
distress
on guard
terrified
unnerved
distrustful

Unease
concerned
agitated
frightened
impatient
uneasy
surprised
startled

Absent
distant
apathetic
resigned
cool
disinterested
indifferent

Dislike
hateful
scornful
disgusted
hostile
loathing

Confused
ambivalent
hesitant
disconcerted
uncertain
perplexed
bewildered

Angry
irate
outraged
furious

Uncomfortable
uneasy
uncomfortable
ashamed
guilty

Agitated
angry
frustrated
irritated
impatient
dissatisfied
tense
grumpy

Tired
lifeless
empty
despondent
jaded
exhausted

Powerless
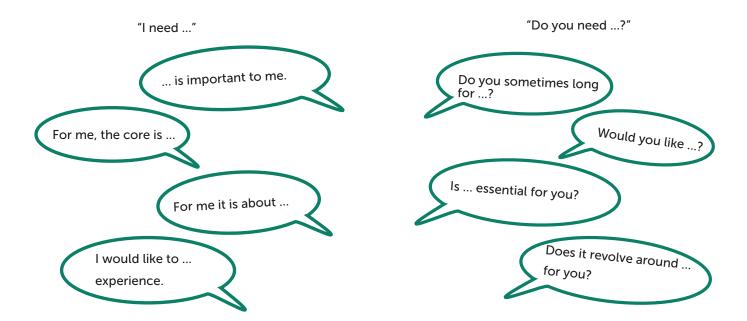hopeless
helpless
despondent

Vulnerable
sensitive
helpless
uncertain

Pain
alone
remorseful
lonely
broken

Mournful
grieved
melancholic
unhappy
dejected
sorrowful
desperate

Desire
envious
yearning
jealous
nostalgic
longing

Other ways to say...

"I need ..."

... is important to me.

For me, the core is ...

For me it is about ...

I would like to ... experience.

"Do you need ...?"

Do you sometimes long for ...?

Would you like ...?

Is ... essential for you?

Does it revolve around ... for you?

Qualities of a request are:

- ✓ specific
- ✓ formulated positivley
  (i.e., what you want not what you don't want)
- ✓ executable
- ✓ in the present
- ✓ in question form (yes/no are okay as a response)

An **action request** is a "step to take" to try to fill your/other's needs, for example:

- Do I want to agree with myself that I ...?
- Are you willing to ...?

Sometimes you want to check what is going on with the other person first. This can be done by making a **connection request**, for example:

- How is it for you to hear this?
- Do you recognize this?
- What does this evoke in you?
- What in particular has come to your mind from what I just said?

In connection:

Observations
Feelings
Needs
Requests

me
(clarity and express honestly)

the other
(empathy)

Observations
Feelings
Needs
Requests

For more information and trainings visit: https://www.ai-opener.nl/