

co·wonders



nvc circle

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What is it about:

- introduction to nonviolent communication
- ways to boost skills to identify and express feelings and needs
- translating judgements into feelings and needs

source: “Nonviolent Communication - a language of life” by Marshall Rosenberg

domains: nonviolent communication, empathy

approach description:

Nonviolent communication is a way of creating connection where everyone’s needs can be met through natural care. Marshall Rosenberg conceived of NVC and developed a process, a roadmap, that enables us to enter that connection: self-connection and connection with the other.

NVC Process is about:

- The concrete actions we **observe** that affect our well-being
- How we **feel** in relation to what we observe
- The **needs**, values, desires, etc. that create our feelings
- The concrete actions we **request** in order to enrich our lives

When experiencing disconnection from others, we can use this list of 5 elements to see if they are integrated:

- **Consciousness:** Am I self-connected? Am I expressing myself honestly and vulnerably? Am I listening empathically? Am I valuing the needs of others as my own? Am I committed to seeking solutions that can meet everyone’s needs?
- **Thought:** Is there judgement or blame in my awareness? Am I angry or resentful at this moment as I engage with the other?
- **Language:** Are my words free of criticism and blame?



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- **Communication:** Is my non-verbal communication – tone of voice and body language – congruent with my words?
- **Use of power:** Do I want to overpower this person to get what I want? Is my request really a demand in disguise? Am I prepared to hear no, listen empathetically, and maintain connection? Am I willing to stay in the dialogue until we find a solution that satisfies all involved?

NVC serves our desire to do 3 things:

- Increase our ability to live with choice, meaning and connection
- Connect empathetically with self and others to have more satisfying relationships
- Sharing of resources so everyone is able to benefit.

The opposite of nonviolent communication would be “violent communication”. If violent means acting in ways that result in hurt or harm, then much how we communicate - judging others, bullying, having racial bias, blaming, finger pointing, discriminating, speaking without listening, criticising others or ourselves, name-calling, reacting when angry, using political rhetoric, being defensive or judging who’s “good/bad” or what’s “right/wrong” with people - could be called “violent communication”.

NVC is founded on a language and communication skills that strengthen our ability to remain human, even under trying conditions. The intent is to remind us that as humans we are meant to relate one to another and to arrive at a mutual desire to give from the heart.

There are 2 parts of NVC:

- expressing honestly through 4 steps (observation, feeling, need, request)
- receiving empathetically through 4 steps.

aim of use:

NVC circle is a method to which can develop the skills of learners to identify and name feelings and needs. It also allows us to see feelings and needs behind the everyday judgements we have about others and ourselves.

NVC circle can be used to introduce the NVC as a communication approach. It can also serve to support learners in boosting empathy through realising commonality of judgements and understanding how to make sense of them.



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educational method:

- Place the cards with needs and feelings around the room (prepare the cards using inventory of feelings and needs).
- Participants form an inner circle with their backs to the cards.
- Let participants know about the aim of use of this method, emphasising it will be about sharing judgements and identifying needs/feelings behind them.
- Start a sharing round by giving an example of the judgments we have about **other people**, like: "Cross the circle if you think your friend is selfish", "Cross the circle if you think your close person complains too much".
- Invite others to cross the circle and stand in a new spot if they relate to the judgments shared by the others (this is an invitation, not an obligation).
- Invite others to share their own judgments following the words: "Cross the circle if you..."
- Start another sharing round by giving an example of the judgments we have about **ourselves**, like: "Cross the circle if you ever thought that other people are more intelligent than you", "Cross the circle if you ever thought you are not good enough". Invite the others to follow step 5 and 6.
- Ask the human circle to turn and face the card circle.
- Ask people to walk slowly and look at the needs and feelings cards, and silently guess the needs and feelings behind the judgments shared in the circle. Propose they pick one or two shared judgements and fill in the sentence: "When I judge... I feel... because my need for... is not fulfilled." Eg. "When I judge about selfish friend, I feel uneasy, because my need for cooperation is not fulfilled".
- When everyone has walked the circuit, ask people to sit in a circle and share what needs/feelings they connected to a particular judgement. Ask first to share the judgement they chose, and then the feelings and needs they identified.
- Invite those willing to share how it affected them to hear a judgement and then the same situation expressed through guessing needs/feelings.

Inspired by: NVC matter UK



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read more:

- **Book:** Marshall B. Rosenberg, Nonviolent communication. A Language of life (2015)
- **Website:** Inventory of Feelings and Needs by the Centre for Nonviolent Communication
- **Book** (workshops on NVC): J.Aguado, R. Bagdonaite, N. Radosavljević, A. Stajer, Book of Peace Design, p. 104 (2024)
- **Website:** Ways to use NVC Feelings/Needs cards by nvc matter uk



communication canvas



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