

# How You Can Use The NVC Process



Honestly expressing how  
**I** am without blaming  
or criticizing

Empathically receiving how  
**you** are without hearing  
blame or criticism

## OBSERVATIONS

1. What I observe (*see, hear, remember, imagine, free from my evaluations*) that does or does not contribute to my well-being:

*“When I (see, hear) . . . ”*

1. What you observe (*see, hear, remember, imagine, free from your evaluations*) that does or does not contribute to your well-being:

*“When you see/hear . . . ”*

*(Sometimes dropped when offering empathy)*

## FEELINGS

2. How I feel (*emotion or sensation rather than thought*) in relation to what I observe:

*“I feel . . . ”*

2. How you feel (*emotion or sensation rather than thought*) in relation to what you observe:

*“You feel . . . ”*

## NEEDS

3. What I need or value (*rather than a preference, or a specific action*) that causes my feelings:

*“. . . because I need/value . . . ”*

3. What you need or value (*rather than a preference, or a specific action*) that causes your feelings:

*“. . . because you need/value . . . ”*

Clearly requesting that  
which would enrich **my**  
life without demanding

Empathically receiving that  
which would enrich **your** life  
without hearing any demand

## REQUESTS

4. The concrete actions I would like taken:

*“Would you be willing to . . . ?”*

4. The concrete actions you would like taken:

*“Would you like . . . ?”*

*(Sometimes dropped when offering empathy)*

