

# NONVIOLENT COMMUNICATION

Hello everyone,

In order to help with a follow up activities around transferring Nonviolent Communication to your local environments I decided to sum up some things and share resources.

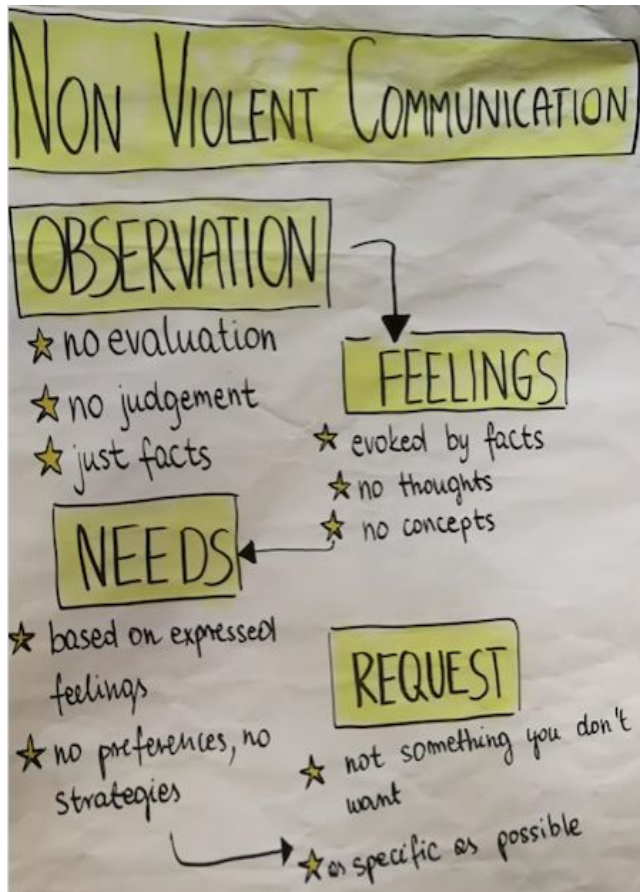
## HISTORY AND MAIN PRINCIPLES

Nonviolent Communication is an approach to nonviolent living developed by Marshall Rosenberg beginning in the 1960s. It is based on the idea that all human beings have the capacity for compassion and only resort to violence or behavior that harms themselves and others when they do not recognize more effective strategies for meeting needs. Habits of thinking and speaking that lead to the use of violence (social, psychological and physical) are learned through culture. NVC theory supposes all human behavior stems from attempts to meet universal human needs and that these needs are never in conflict. Rather, conflict arises when strategies for meeting needs clash. NVC proposes that people identify shared needs, revealed by the thoughts and feelings that surround these needs, and collaborate to develop strategies that meet them. This creates both harmony and learning for future cooperation.

[by Inbal Kashtan and Miki Kashtan]



## MODEL



Even though there is a 'simple looking' model of 4 steps to use proposed by Rosenberg. NVC means much more than following it and it has been growing a lot since beginning of focusing more around intentions of nonviolent living. More important than the language itself there are values standing by it:

- Compassion
- Kindness
- Consciousness
- Clarity
- Good intentions
- Responsibility and ownership
- Empathy
- Respect

All those values are to be used both towards ourselves and others. I believe nonviolent living starts within us and takes a lot of self-awareness of our current behaviours and then 'unlearning' certain patterns and working hard and with a lot of understanding in developing new ones.

## HOW TO USE IT

Nonviolent Communication as a method can be practised in many ways. It is important to acknowledge if you are a beginner of it and that is not easy sometimes to understand it. There are official trainers that spend years of learning and practise to be certified in delivering trainings but that does not mean you have to be one of them in order to live with the spirit of NVC. There are many different movements that practise NVC around mindfulness, body and gesture based activities, spiritual growth and so on. It is important to use it in a way it 'fits' with you and your groups.

For beginners similarly to what we did in our training I would propose you to practise within yourself and your groups activities around:

- Active listening
- Empathic presence and empathic intentions
- Emotional and needs awareness
- Requesting

There are some helpful materials that could be used like emotions and need cards that you can buy, but you can make as well your own following some lists.

Very important working with groups- not everyone is ready to talk openly about their emotions and needs- for some people it could be first time ever someone asking with compassion how do you feel and what do you need. Let everyone choose if they want to participate actively by sharing or by just listening or being there.

### CVNC

Center for Nonviolent Communication (CNVC), a global organization supporting activities for the promotion of peace and conflict resolution. The CNVC continues Marshall Rosenberg's mission after his death on February 7, 2015. The organization cares about the quality of non-violent communication training and brings together certified trainers who share their knowledge and experience around the world.

### RESOURCES

1. Main website of Center of Nonviolent Communication that you can find all important info: <http://www.nonviolentcommunication.com/index.htm>
2. Rosenbergs videos : <https://www.youtube.com/watch?v=4LuPCAh9FCc>
3. Example activity from salto toolbox you could use: <https://www.salto-youth.net/tools/toolbox/tool/work-shop-on-non-violent-communication.1304/>
4. Key principles of NVC <https://baynvc.org/key-assumptions-and-intentions-of-nvc/>

### NEEDING MORE?

Feel free to contact me at [olga@hamoment.org](mailto:olga@hamoment.org) I am open to skype or chat and share more from what I know and how I practise it and help you prepare a specific session around it.