

Instructions for Producing a Learning Guide

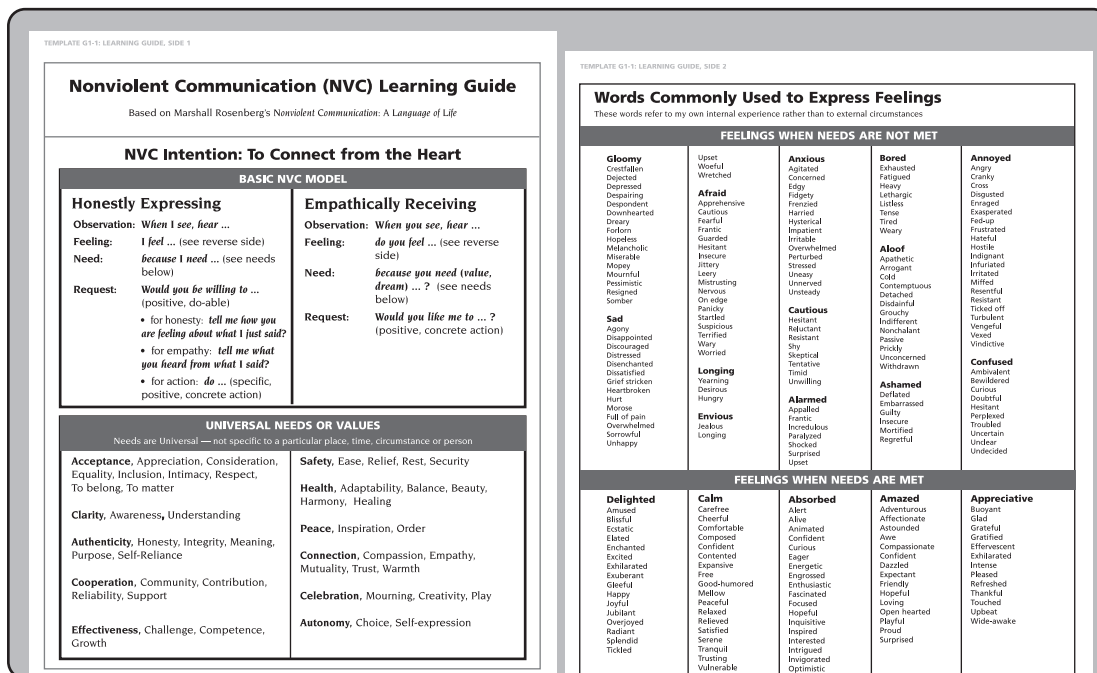
SUPPLIES NEEDED FOR ONE LEARNING GUIDE

We suggest providing each participant with a Learning Guide during any practice.

1. One 8 1/2" x 11" sheet of cream or white paper
2. Photocopier
3. Laminator and one 8 1/2" x 11" laminating sheet

DESCRIPTION OF COMPLETED LEARNING GUIDE

The laminated Learning Guide consists of two sides. The front gives the NVC model and a list of universal needs. The reverse gives two lists of feeling words — when needs are met and when needs are not met.



Learning Guide, front and back

STEP-BY-STEP INSTRUCTIONS FOR PRODUCING ONE LEARNING GUIDE

1. Print the two templates back-to-back on one sheet of paper.
2. Laminate.

TEMPLATES PROVIDED

- Template G1-1: Learning Guide, front side
- Template G1-2: Learning Guide, back side

Nonviolent Communication (NVC) Learning Guide

Based on Marshall Rosenberg's *Nonviolent Communication: A Language of Life*

NVC Intention: To Connect from the Heart

BASIC NVC MODEL

Honestly Expressing

Observation: *When I see, hear ...*

Feeling: *I feel ...* (see reverse side)

Need: *because I need ...* (see needs below)

Request: *Would you be willing to ...* (positive, do-able)

- for honesty: *tell me how you are feeling about what I just said?*
- for empathy: *tell me what you heard from what I said?*
- for action: *do ...* (specific, positive, concrete action)

Empathically Receiving

Observation: *When you see, hear ...*

Feeling: *do you feel ...* (see reverse side)

Need: *because you need (value, dream) ... ?* (see needs below)

Request: *Would you like me to ... ?* (positive, concrete action)

UNIVERSAL NEEDS OR VALUES

Needs are Universal — not specific to a particular place, time, circumstance or person

Acceptance, Appreciation, Consideration, Equality, Inclusion, Intimacy, Respect, To belong, To matter

Clarity, Awareness, Understanding

Authenticity, Honesty, Integrity, Meaning, Purpose, Self-Reliance

Cooperation, Community, Contribution, Reliability, Support

Effectiveness, Challenge, Competence, Growth

Safety, Ease, Relief, Rest, Security

Health, Adaptability, Balance, Beauty, Harmony, Healing

Peace, Inspiration, Order

Connection, Compassion, Empathy, Mutuality, Trust, Warmth

Celebration, Mourning, Creativity, Play

Autonomy, Choice, Self-expression

Words Commonly Used to Express Feelings

These words refer to my own internal experience rather than to external circumstances

FEELINGS WHEN NEEDS ARE NOT MET

| | | | | |
|--|---|--|--|---|
| <p>Gloomy Crestfallen Dejected Depressed Despairing Despondent Downhearted Dreary Forlorn Hopeless Melancholic Miserable Mopey Mournful Pessimistic Resigned Somber</p> <p>Sad Agony Disappointed Discouraged Distressed Disenchanted Dissatisfied Grief stricken Heartbroken Hurt Morose Full of pain Overwhelmed Sorrowful Unhappy</p> | <p>Upset Woeful Wretched</p> <p>Afraid Apprehensive Cautious Fearful Frantic Guarded Hesitant Insecure Jittery Leery Mistrusting Nervous On edge Panicky Startled Suspicious Terrified Wary Worried</p> <p>Longing Yearning Desirous Hungry</p> <p>Envious Jealous Longing</p> | <p>Anxious Agitated Concerned Edgy Fidgety Frenzied Harried Hysterical Impatient Irritable Overwhelmed Perturbed Stressed Uneasy Unnerved Unsteady</p> <p>Cautious Hesitant Reluctant Resistant Shy Skeptical Tentative Timid Unwilling</p> <p>Alarmed Appalled Frantic Incredulous Paralyzed Shocked Surprised Upset</p> | <p>Bored Exhausted Fatigued Heavy Lethargic Listless Tense Tired Weary</p> <p>Aloof Apathetic Arrogant Cold Contemptuous Detached Disdainful Grouchy Indifferent Nonchalant Passive Prickly Unconcerned Withdrawn</p> <p>Ashamed Deflated Embarrassed Guilty Insecure Mortified Regretful</p> | <p>Annoyed Angry Cranky Cross Disgusted Enraged Exasperated Fed-up Frustrated Hateful Hostile Indignant Infuriated Irritated Miffed Resentful Resistant Ticked off Turbulent Vengeful Vexed Vindictive</p> <p>Confused Ambivalent Bewildered Curious Doubtful Hesitant Perplexed Troubled Uncertain Unclear Undecided</p> |
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FEELINGS WHEN NEEDS ARE MET

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|--|---|---|--|--|
| <p>Delighted Amused Blissful Ecstatic Elated Enchanted Excited Exhilarated Exuberant Gleeful Happy Joyful Jubilant Overjoyed Radiant Splendid Tickled</p> | <p>Calm Carefree Cheerful Comfortable Composed Confident Contented Expansive Free Good-humored Mellow Peaceful Relaxed Relieved Satisfied Serene Tranquil Trusting Vulnerable Warm</p> | <p>Absorbed Alert Alive Animated Confident Curious Eager Energetic Engrossed Enthusiastic Fascinated Focused Hopeful Inquisitive Inspired Interested Intrigued Invigorated Optimistic Spellbound</p> | <p>Amazed Adventurous Affectionate Astounded Awe Compassionate Confident Dazzled Expectant Friendly Hopeful Loving Open hearted Playful Proud Surprised</p> | <p>Appreciative Buoyant Glad Grateful Gratified Effervescent Exhilarated Intense Pleased Refreshed Thankful Touched Upbeat Wide-awake</p> |
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