

Freeing Myself of Self-Violence

Write down violent statements you make to yourself:

1. Statements that shame, blame, judge, label, criticize and DIAGNOSE what's wrong with me:

2. Statements implying that I DESERVE punishment: _____

- 3 Statements that DEMAND that I "must," "should," "have to," "ought to":

Pick one violent statement and translate it into the four components of Nonviolent Communication:

1. OBSERVATION: When I see or hear (observable fact) _____

2. FEELING: I feel _____

- 3 NEED: Because I need (or value) _____

4. REQUEST (strategy): In order to meet my need I choose (ask myself) to do the following: _____
