

When I hear you calling me by the name of my partner's ex-lover,

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When I remember you leaving the house with the burner in the kitchen left on,

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When I hear you raising your voices while pushing each other,

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When I see you talking on the phone for over an hour when others are waiting,

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When I notice it's 10 P.M. and haven't yet seen you start on any homework,

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When I haven't heard from you in over a month,

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When I hear you say you don't love me anymore,

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When I see you eating only potato chips, candy bars, and doughnuts for four or five meals this week,

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|--|---|--|
| <div> <div>I feel alarmed</div> <div>           NVC TOOLKIT FOR FACILITATORS • ©2008 Raj Gill, Lucy Leu, Judi Morin         </div> </div>    | <div> <div>I feel tense</div> <div>           NVC TOOLKIT FOR FACILITATORS • ©2008 Raj Gill, Lucy Leu, Judi Morin         </div> </div>     | <div> <div>I am concerned</div> <div>           NVC TOOLKIT FOR FACILITATORS • ©2008 Raj Gill, Lucy Leu, Judi Morin         </div> </div>  |
| <div> <div>I am disappointed</div> <div>           NVC TOOLKIT FOR FACILITATORS • ©2008 Raj Gill, Lucy Leu, Judi Morin         </div> </div> | <div> <div>I feel confused</div> <div>           NVC TOOLKIT FOR FACILITATORS • ©2008 Raj Gill, Lucy Leu, Judi Morin         </div> </div>  | <div> <div>I am frustrated</div> <div>           NVC TOOLKIT FOR FACILITATORS • ©2008 Raj Gill, Lucy Leu, Judi Morin         </div> </div> |
| <div> <div>I am hurting</div> <div>           NVC TOOLKIT FOR FACILITATORS • ©2008 Raj Gill, Lucy Leu, Judi Morin         </div> </div>      | <div> <div>I am discouraged</div> <div>           NVC TOOLKIT FOR FACILITATORS • ©2008 Raj Gill, Lucy Leu, Judi Morin         </div> </div> |  |
| <div> <div>I feel dismayed</div> <div>           NVC TOOLKIT FOR FACILITATORS • ©2008 Raj Gill, Lucy Leu, Judi Morin         </div> </div>   | <div> <div>I feel anxious</div> <div>           NVC TOOLKIT FOR FACILITATORS • ©2008 Raj Gill, Lucy Leu, Judi Morin         </div> </div>   |  |

because I am needing  
connection.

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because I need to  
be seen for who I am.

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because I care about  
good health.

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because I value  
consideration.

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because I value  
peaceful ways of  
resolving conflicts.

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because I value learning  
and understanding.

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because I need  
support.

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because I care  
about safety.

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because I value  
integrity and  
follow-through.

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because I value intimacy  
and closeness.

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Would you be willing to take turns explaining what's bothering each of you?

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Would you be willing to tell me what would make it easier for you to call me more often in the future?

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Would you be willing to agree to limit future calls to 10 minutes if you see others are waiting?

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Would you be willing to tell me if I did or said something you haven't been enjoying?

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Would you be willing to write a reminder to yourself and tape it on the fridge?

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Would you be willing to say my name so I am reassured that you know who I am?

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Would you be willing to tell me what you are feeling and needing when you hear me say that?

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Would you be willing to turn off the TV and do your math assignment?

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Would you be willing to reflect back what I said so I can be sure I expressed myself clearly?

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Would you be willing to tell me whether there are any dishes I might cook which would appeal to you?

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