

*I am addressing a disciplinary hearing officer:*

**“That’s a stupid rule I got  
infracted for! All I did  
was to give my cellmate  
the sandwich I didn’t  
want to eat.”**

*How might I express myself differently using  
the four components of NVC?*

*I am addressing a volunteer:*

**“That’s easy for you to say.  
Try living here and then  
tell me that B.S.!”**

*How might I express myself differently using the  
four components of NVC?*

*I am addressing my family on the outside:*

**“Hey, I know you’ve got more fun things to do than to visit prison every weekend, but am I still part of the family or what?”**

*How might I express myself differently using the four components of NVC?*

*I am addressing the recreation coordinator:*

**“All you care about are the softball and basketball teams. What about the rest of us?”**

*How might I express myself differently using the four components of NVC?*

*I am addressing my cell mate:*

**“Give me a break.  
Go get some fresh air,  
will you?”**

*How might I express myself differently  
using the four components of NVC?*