

I am addressing my teenage daughter:

“If you can’t bring my car back in the condition it was in when you borrowed it, then you’re just too young to be driving.”

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

I am addressing my partner:

“How come you have all this money to buy another digital camera and the latest iPod, but when I suggest couples counseling, you say you can’t afford it?”

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

I am addressing a business colleague:

**“We all have our ideals,
but the bottom line is,
we’re running a business,
not a charity.”**

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

I am addressing a local government official:

**“Why would I believe you?
How many times have
you promised to clean up the
neighborhood and
nothing happened?”**

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

I am addressing my son's teacher:

“My son loved to write and got straight A’s in English until your class. You must be grading on spelling and punctuation rather than creativity and meaning.”

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