

Nonviolent Communication (NVC)

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[Know That You're Here, Right Here](#)

Nonviolent Communication (NVC) is a practical framework for expressing yourself honestly and empathetically. When you are ready to respond, try following these four steps:



1. State what happened objectively, without blame or judgment.

Focus on describing the specific behavior or event, not your interpretation or assumptions.

Example: "When you cancelled our plans at the last minute..."



2. Name your feeling.

Honestly share how you felt in response to the event.

Example: "...I felt hurt and disappointed..."



3. Express your unmet need.

Identify what was important to you in the situation, or what you were longing for.

Example: "...because I needed to feel respected and valued..."



4. Make a kind request, if appropriate.

Clearly state what you would like moving forward, in a way that invites collaboration rather than demands compliance.

Example: "In the future, would you let me know as soon as possible if plans need to change?"
