

Nonviolent Communication (NVC)

Presentation for
UCC Eastern Ohio and Western Reserve Association

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February 7, 2017

Intro to NVC and Blame-Free State

Nonviolent Communication (NVC)
is an awareness discipline
masquerading
as a communication process.

— Kit Miller, Gandhi Institute for Nonviolence

NVC and Blame Free State

- Created to help end violence
- Cost of violence? Undefined
- Cause of violence? Blame
- Cost of blame?

Overview

- Intro to NVC
- Defining AHIMSA
- What is an enemy image?
- Demonstration
- Q&A

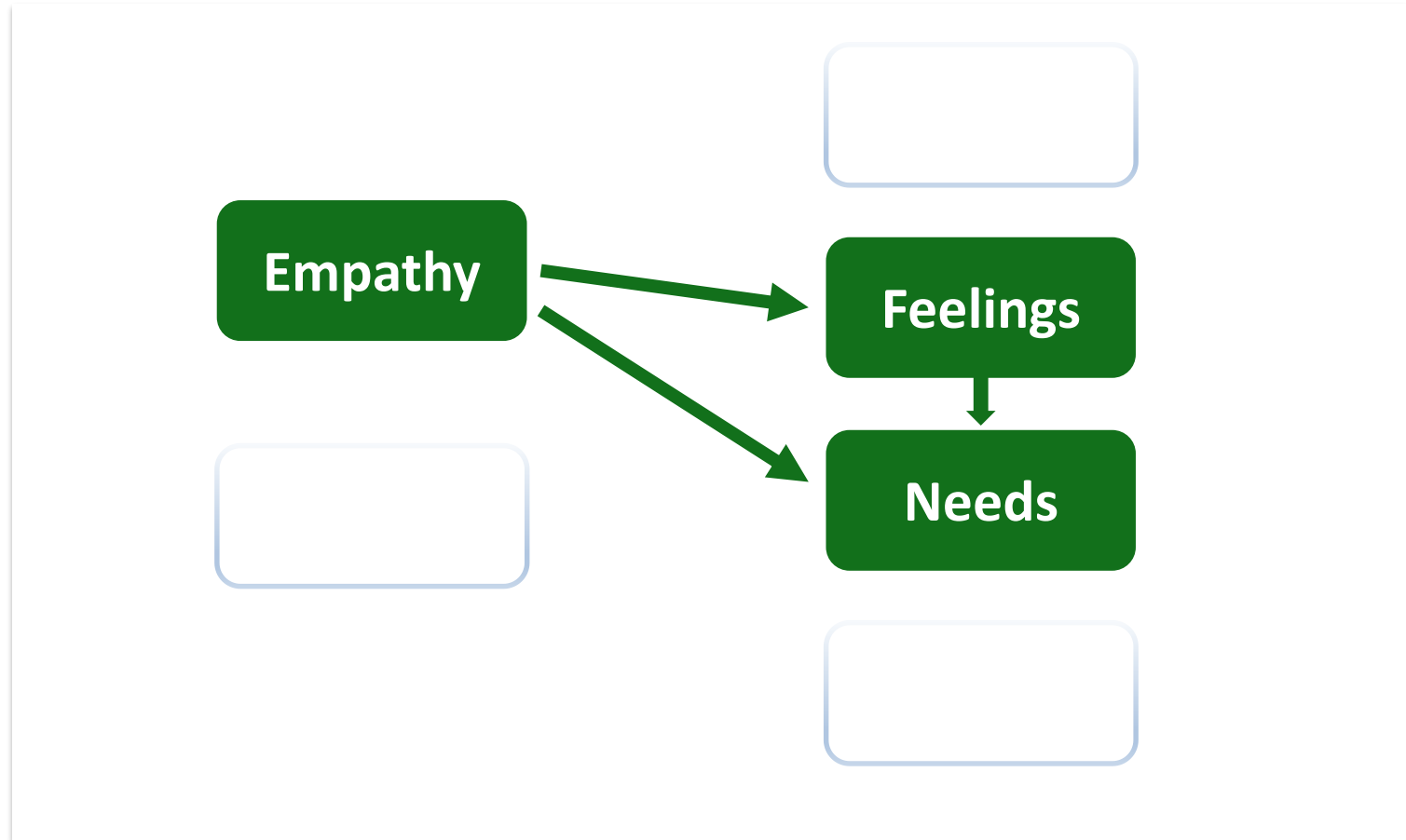
Intro to NVC - Needs



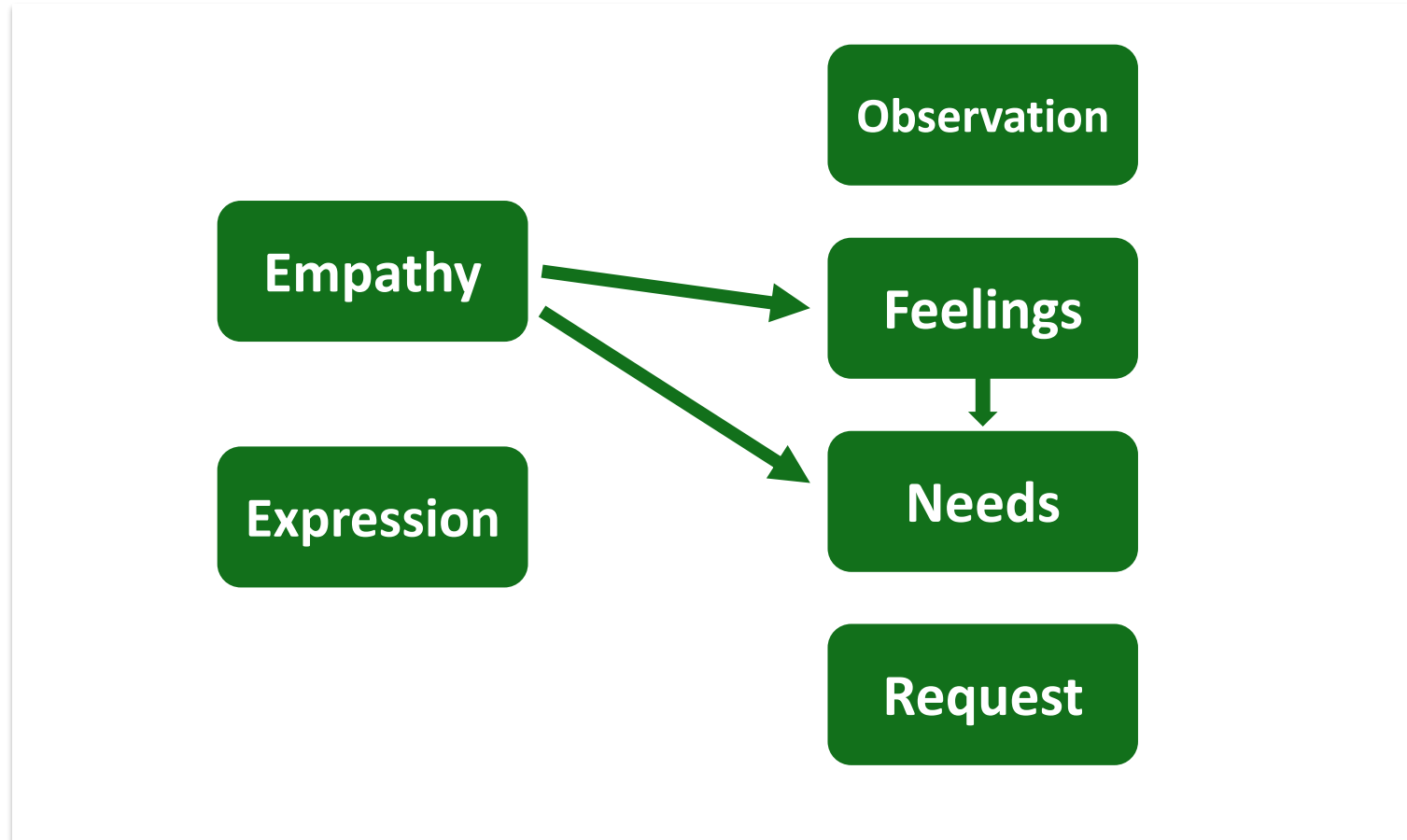
Intro to NVC - Feelings



Intro to NVC - Empathy



Intro to NVC - Components



AHIMSA

- State of the heart with no enemies
- Principle of non-harming toward others

Defining Enemy Image

- A sustained blame that we hold, or a persistent negative idea about
 - Someone else
 - Ourselves
 - A group of people
 - A situation

Demonstration

Feelings List

Sad	Lonely	Heavy	Helpless
Hurt	Grief	Overwhelmed	Distant
Dismayed	Discouraged	Distressed	Disheartened
Scared	Terrified	Nervous	Panicky
Jittery	Horrified	Anxious	Skeptical
Suspicious	Mad	Angry	Aggravated
Exasperated	Agitated	Furious	Infuriated
Bitter	Resentful	Disgusted	Irritated
Annoyed	Disappointed	Confused	Frustrated
Hesitant	Troubled	Torn	Embarrassed
Worried	Concerned	Tired	Exhausted

Needs List

Rest	Clarity	Order	Affection
Effectiveness	Meaning	Contribution	Creativity
Growth	Healing	Self-worth	Self-Respect
Authenticity	Aliveness	Passion	Mourning
Harmony	Peace	Beauty	Being in flow of life
Trust	Safety	Information	Comfort
Warmth/Caring	Autonomy	Choice	Respect
Mutuality	Consideration	Hope	Mattering
Inclusion	Inclusion in decision-making	Sustainability	Equality
Being seen/Known	Dignity		

Questions?

Thank you.