

## **NVC Inner Process**

**Observation** - (Simply state what you hear and see without evaluation or judgement) ....When I ... see .. hear ..... remember .....imagine

**Feelings** - (These are the feelings in me that are triggered by my observation)..... I feel (e.g upset, sad, anxious, grateful excited)

**Needs** – (The needs/values that contribute to my wellbeing that are causing my feelings) ....Because I need.. would value respect, consideration, understanding choice to be safe etc

**Requests** – (Concrete actions I would like taken, a request to self or others phrased in positive).....So would you be wiling too.,

## **NVC Outer Process**

**Observation** - (Simply state what you hear and see without evaluation or judgement) ....So when you ... see .. hear..... remember.....imagine

**Feelings** - (These are the feelings in the other that are triggered by the observation)..... Do you feel (e.g upset, sad, anxious, grateful excited)

**Needs** – (The needs/values that contribute to the others wellbeing that are causing their feelings) ....Because you need.. would value respect, consideration, understanding choice to be safe etc

**Requests** – (Concrete actions I would like taken, a request to self or others phrased in positive).....So would you like .... Like me to....??