



When to Interrupt:

Interrupting can be necessary to clarify understanding, express an important feeling or need, or gently redirect a conversation to stay connected and present. In NVC, interrupting is done mindfully – with respect for the speaker and awareness of your own need to be heard. Aim to interrupt only when it serves connection or clarity, and be prepared to pause or listen deeply if the other person wants to continue.

General Interrupting Statements

1. "Excuse me, I'd like to share something before we continue, is this ok with you?"
2. "I'm noticing something important for me – would it be okay with you if we pause for a moment?"
3. "Sorry to interrupt – I want to make sure I'm following you correctly. I'd like to check in?"
4. "Can I gently interject to express what I'm feeling right now?"
5. "I'd like to add something that's important to me, are you open to hearing this?"

Interrupting to Clarify or Stay on Track

1. "I want to be sure I understand you well – I'd like to ask a quick question?"
2. "Can I pause us here for a moment to clarify what I'm hearing?"
3. "Would you be open to a brief check-in before we move on?"
4. "I'm noticing we might be drifting from the main topic – can I share that?"
5. "I want to ensure we're both feeling heard – I'd like us to pause to check in with each other is this ok for you?"

Interrupting to Express a Feeling or Need

1. "I'm feeling a bit overwhelmed and want to recap - are you open to this."
2. "Something I'm hearing brings up a need for me – can I share that now?"
3. "Are you open to hearing what I'm needing right now?"

Interrupting with Empathy and Invitation

1. "I want to understand you better – are you open to explaining what you said in a different way to give me more clarity?"
2. "May I offer a different perspective that might support our shared understanding?"
3. "Would you be willing to pause so I can express what's alive for me?"
4. "Can I invite us both to take a breath and check in with what we each need?"

Note: After interrupting, it's helpful to pause and invite the other person to respond, ensuring the conversation remains balanced and respectful.