

If "violent" means acting in ways that result in hurt or harm, then much of how we communicate could indeed be called "violent" communication.

# *Nonviolent* **COMMUNICATION**

A Language of Life



3rd Edition

Words and the way we think matters.  
Find common ground with anyone, anywhere,  
at any time, both personally and professionally.

**MARSHALL B. ROSENBERG, PhD**

Foreword by **Deepak Chopra**

Endorsed by **Satya Nadella, Arun Gandhi, Tony Robbins,**  
**Marianne Williamson, John Gray, Jack Canfield, Dr. Thomas Gordon,** and others

## HEART INTELLIGENCE

Connecting with the Heart's Intuitive Guidance  
for Effective Choices and Solutions

Experience how to:

- Prevent and reduce stress, anxiety and overwhelm
- Create deeper harmonious relationships through compassionate care
- Generate hope and confidence

**Doc Childre, Howard Martin,**  
**Deborah Rozman and Rollin McCraty**

AFFIRMATION



- *The light within me is creating miracles in my life here and now.*
- Put palms together in front of the heart to express gratitude and bow the head slightly.
- Sound the bell [to remember gratitude]

REMEMBER HEART COHERENCE

# THE BUDDHA

- *He insulted me, he cheated me, he beat me, he robbed me – those who are free of resentful thoughts surely find peace.*



# COMMENTARY

- Resentment is nothing more than compulsive attachment to a set of memories.
- If you could peek through the window of the mind when you feel resentful, you would see a production line turning out the same emotion-charged memory over and over:
- “He did that to me in 1993, he did that to me in 1993 ...”

# COMMENTARY

- You are dwelling on something that took place in the past – or, more likely, on how you misunderstood that event and reacted to your misunderstanding.
- When you keep pumping attention into an event in this way, a limp little memory gets blown up into a big balloon of hostility.
- When you withdraw your attention by repeating the mantram, the balloon is deflated. It's as simple as that.





# HEART MATH



# Quick Coherence Technique®





# EXERCISE: PRACTICE NVC



# PRACTICE NVC

- (Before the NVC model, enter heart coherence)
- First, observe a situation in your life today or in the past. WHEN / WHERE / WHO / WHAT
- Is it a life affirming or life depleting situation?

# PRACTICE NVC

- Second, what particular feeling or feelings come up with regard to the situation?

# FEELINGS – NEEDS ARE MET 1/3

- adventurous
- affectionate
- alive
- amazed
- appreciative
- calm
- centered
- comfortable
- compassionate
- confident
- content
- curious
- delighted
- eager
- encouraged
- energetic
- enthusiastic
- excited



# FEELINGS – NEEDS ARE MET 2/3

- fascinated
- free
- fulfilled
- glad
- grateful
- happy
- hopeful
- inspired
- interested
- intrigued
- joyful
- lively
- marvelous
- motivated
- moved
- optimistic
- peaceful
- playful

# FEELINGS – NEEDS ARE MET 3/3

- pleased
- proud
- relaxed
- relieved
- safe
- satisfied
- strong
- surprised
- thankful
- thrilled
- touched
- trusting

# FEELINGS – NEEDS NOT MET 1/4

- afraid
- angry
- annoyed
- anxious
- ashamed
- bewildered
- bored
- bothered
- concerned
- confused
- depressed
- desperate
- disappointed
- discouraged
- disgusted
- dismayed
- disoriented
- distressed



# FEELINGS – NEEDS NOT MET 2/4

- drained
- embarrassed
- envious
- exasperated
- exhausted
- fearful
- fed up
- frustrated
- furious
- grumpy
- guilty
- hesitant
- hopeless
- horrified
- hostile
- hurt
- impatient
- insecure

# FEELINGS – NEEDS NOT MET 3/4

- irritated
- moody
- reluctant
- jealous
- nervous
- resentful
- lazy
- numb
- sad
- lonely
- overwhelmed
- scared
- lost
- pessimistic
- sensitive
- miserable
- regretful
- shocked

# FEELINGS – NEEDS NOT MET 4/4

- shy
- sickened
- stressed
- surprised
- suspicious
- tense
- terrified
- tired
- torn
- uncertain
- uncomfortable
- unhappy
- unsafe
- unsatisfied
- unsure
- upset
- vulnerable
- worried



# PRACTICE NVC

- Third, if the feeling is life affirming, what need is met?  
If the feeling is life depleting, what need comes up?

# NEEDS & VALUES WE ALL HAVE 1/6

- acceptance
- achievement
- acknowledgement
- adventure
- affection
- appreciation
- authenticity
- autonomy
- balance
- beauty
- celebration
- choice
- clarity
- closure
- comfort
- communication
- community
- compassion

# NEEDS & VALUES WE ALL HAVE 2/6

- confidence
- connection
- consideration
- contribution
- cooperation
- creativity
- dignity
- ease
- emotional safety
- empathy
- empowerment
- equality
- exercise
- fairness
- freedom
- friendship
- fun
- growth



# NEEDS & VALUES WE ALL HAVE 3/6

- harmony
- health
- help
- honesty
- hope
- humor
- independence
- inspiration
- integrity
- intimacy
- justice
- knowledge
- learning
- leisure
- love
- meaning
- mourning
- mutuality

# NEEDS & VALUES WE ALL HAVE 4/6

- nurturance
- nutrition
- order
- participation
- patience
- peace
- physical security
- play
- power in our world
- presence
- privacy
- progress
- purpose
- reassurance
- recreation
- reliability
- respect
- rest, sleep

# NEEDS & VALUES WE ALL HAVE 5/6

- safety
- self-acceptance
- self-determination
- self-esteem
- self-expression
- sexual expression
- shared reality
- solitude
- space
- stability
- success
- support
- to belong
- to be heard
- to have our intentions
- understood
- to matter
- to be seen for who we are



# NEEDS & VALUES WE ALL HAVE 6/6

- trust
- understanding
- well-being

# PRACTICE NVC

- Fourth, make a clear request to yourself, or construct a clear request to another.
- (After NVC give yourself the space to be patient and await heart guidance)

SHARING





**Om, Shanti**