Nonviolent Communication

1. **Separate observation and evaluation Checklist:**
   What did I actually experience/ see? Could someone deny what I see as facts? Do I speak from me saying: “I’ve seen .." instead of "everyone sees that …“?

2. **Defining your own feelings**
   These descriptions requires the participation of another person: abandoned, insulted, betrayed, deceived, humiliated, manipulated, misunderstood, exploited, rejected, unheard, unseen, and unsupported. Trickers the victims' thoughts: "I feel exploited by you" "I'm sad" "I feel exposed" "I'm insecure" "I feel manipulated" "I'm confused“

3. **Explain my own needs clearly**
   What do I really need in this situation? Recognizing that feelings and needs are strongly linked. Do I perhaps need: safety, understanding, love, sincerity, belonging, creativity, freedom, sadness or self-realization?

4. **Say: „please“ - and mean it.**
   Would a "no" be alright?