

# Non-violent communication

This activity focuses on practicing the non-violent communication step by step. Non violent communication focuses on strategies, that would allow people to collaborate in meeting the needs of both sides included in a conflict.

Module	Submodules	Group size	Duration
<ul> <li>Intervention</li> </ul>	<ul> <li>Communication</li> </ul>	<ul> <li>Small group</li> </ul>	• 15 min

### **Keywords**

non-violent communication, listening emphatically, speaking honestly

### **Aims**

In this exercise, you may practice how to react in a non-violent way when someone is doing something that you do not like. There are four stages of non-violent communication that you may learn to use when discussing a problem: 1. Describe situation, 2. Describe feelings, 3. Identify your needs, 4. Express wish for action. In this exercise, you will practice all four stages.

### **Participants**

The participants contemplate the exercise individually and then discuss their thoughts within small groups.

### **Description**

Think of someone who does something you don't like (or isn't doing something you would like). Imagine that the person asks you to tell him/her what it is that bothers you. Write what you would say in response to the following statements:

- I don't like it when you.....
- When I observe you behaving as I described I feel...
- I feel as I do because I would have liked to...
- I would like...

### **Material**

Printed instructions (see section "Description") for each participant.

#### Method

Analysis, self awareness

### **Advice for Facilitators**

Facilitators should be skilled in small group dynamics to be able to facilitate the discussion and thoughts. The participants will need the instructions printed (see section "Description").

## Source (APA)

Rosenberg, M. B., (2019, July 29). Giving From the Heart. The Heart of Nonviolent Communication. Retrieved from http://facweb.northseattle.edu/jreis/cmn165/Marshall%20Rosenberg.htm

#### Contributor

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