



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
• Intervention	• Communication	• Small group	• 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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Non-violent communication. Retrieved Wednesday July 3, 2024, from :
<https://onlinematerial.posttraumatic-integration.eu/courses/PTIP119/>

Co-funded by the
Erasmus+ Programme
of the European Union



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