

Pick one scenario:

Scenario 1:

You're leading Mountaineers trip up Mount St. Helens. A private group is on their descent from the summit as you're making your way up. You notice that they're getting ready to glissade down, but they're still wearing crampons, which is dangerous while glissading.

Scenario 2:

You're leading a youth backpacking trip with teens who don't have much wilderness experience. At camp the first evening, everybody is doing camp chores, and you notice the teen filtering water is getting the output valve in the untreated water, potentially contaminating it.

Discuss with your co-leaders:

- a) With your effective communication skills, how would you be a leader in the scenarios?
- b) How can you listen to understand and use Nonviolent Communications in dialogue?

Nonviolent Communication Steps from [the CNVC](#):

How You Can Use the NVC Process



Clearly expressing
how **I am**
without blaming
or criticizing

Empathically receiving
how **you are**
without hearing
blame or criticism

OBSERVATIONS

1. What I observe (*see, hear, remember, imagine, free from my evaluations*) that does or does not contribute to my well-being:
"When I (see, hear) . . . "

1. What you observe (*see, hear, remember, imagine, free from your evaluations*) that does or does not contribute to your well-being:
"When you see/hear . . . "
(Sometimes unspoken when offering empathy)

FEELINGS

2. How I feel (*emotion or sensation rather than thought*) in relation to what I observe:
"I feel . . . "

2. How you feel (*emotion or sensation rather than thought*) in relation to what you observe:
"You feel . . . "

NEEDS

3. What I need or value (*rather than a preference, or a specific action*) that causes my feelings:
". . . because I need/value . . . "

3. What you need or value (*rather than a preference, or a specific action*) that causes your feelings:
". . . because you need/value . . . "

Clearly requesting that
which would enrich **my**
life without demanding

Empathically receiving that
which would enrich **your** life
without hearing any demand

REQUESTS

4. The concrete actions I would like taken:
"Would you be willing to . . . ?"

4. The concrete actions you would like taken:
"Would you like . . . ?"
(Sometimes unspoken when offering empathy)



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Feelings Wheel: Wish I could credit accurately, but it's been wildly copied and used across many publications with "unknown" source.

EMOTION & FEELING WHEEL

