Introduction

Nonviolent Communication (NVC) is a communication model intended to help people better connect with themselves and others. NVC is a foreign language that is markedly different from the ways most people are taught to communicate. Like any foreign language, it contains a grammar or structural framework for looking at the world and it promotes practices that facilitate our desire to connect with ourselves and others in the moment. “Knowing NVC” – learning the grammar of NVC – means developing a literacy of the “feelings and needs” present in people at all times. This theoretical foundation allows the practice of processes that support NVC – that support our desire to “Live NVC” in our daily lives.

This assessment is intended to help you assess your awareness of the concepts of NVC including the key differences between NVC-based ways of communicating and more traditional communication methods. It also provides a guide to questions that will help determine how effectively you are translating this awareness into “Living NVC”.

As you review the following points, circle the letter or number of the concepts that are unfamiliar to you or that you would like to explore more deeply. This will help you get clear on what you want to learn and, if you desire to explore a coaching relationship with me, help me provide the most effective input to contribute to your learning.

NVC Concepts and Processes (“Knowing NVC”)

**Intention**
1. Partnership Paradigm vs. Domination Paradigm
3. Power with vs. Power over
4. Choice vs. Submission or Rebellion
5. Natural vs. Habitual
6. Interdependence vs. Dependence vs. Independence
7. Life-connected vs. Life-Alienated
8. Responsive to others vs. Responsible for others
9. Selfless vs. Selfish vs. “Self-full”
10. “If it ain’t play don’t do it” energy (“choose to”) vs. Obligation and duty energy (“have to”)

**The Four Literacies**
1. Observational
2. Emotional
3. Motivational
4. Invitational

**The Four Steps**
1. The four components – purpose and characteristics of each
2. Observation - define
   a. Observation vs. Observation mixed with evaluation
   b. Value Judgment vs. Moralistic Judgment
3. Feelings - define
   a. Feeling vs. Feeling mixed with thoughts
   b. Feeling vs. Non-Feelings
   c. Feeling vs. “like”, “you”, “that” following “I feel”
   d. Internal Cause of anger vs. External stimulus
4. Needs - define
   a. Stimulus vs. Cause
Compassionate Communication Self-Assessment
Adapted from CNVC Trainer Candidate Handbook and Bay NVC

b. Need vs. Request (Strategy)
c. Love as a need vs. Love as a feeling
d. Needs vs. “Misperceived Needs”
e. Needs as a gift vs. Needs as a burden

5. Request - define
   a. Present vs. Future-oriented (wish)
   b. Positive Action Language vs. Jackal requests (you can’t “do” a “don’t”)
   c. Request vs. Demand
   d. Three kinds of Giraffe Requests

The Three Skills
1. Self- Empathy
   a. Definition
   b. Self-empathy vs. Acting out, repressing, or wallowing in feelings
   c. Modalities
      i. Journaling
      ii. Mining Needs
      iii. “I love it when”
      iv. The MacKenzie Wrap

2. Empathy
   a. Definition
   b. Empathy vs. Sympathy and other forms of response (fixing, reassuring, storytelling, etc.)
   c. Empathic sensing vs. Intellectual guessing
   d. Shift vs. Compromise
   e. Guessing vs. Knowing
   f. Empathy vs. active listening or parroting
   g. Hearing “whining” vs. Hearing feelings and needs
   h. Sensitivity to others vs. Reactivity to others
   i. Classical Giraffe vs. “Street” (Idiomatic) Giraffe

3. Honesty (Self-Expression)
   a. Definition
   b. Giraffe Honesty vs. Jackal Honesty
   c. Honesty Collision vs. Giraffe Dance

The Giraffe Dance (Bringing the Three Skills together)
1. Definition
2. Persisting (dogging for needs) vs. Demanding
3. Self-discipline vs. Obedience
4. Respect for authority vs. Fear of authority
5. Vulnerability vs. Weakness
6. Idiomatic (street) vs. Classical (formal) Giraffe
7. The four ears (four choices we have when hearing a difficult-to-receive message)
8. Making and Cleaning up “messes” vs. Living in fear
9. Shifting vs. Caving

Additional Concepts
1. Protective vs. Punitive Use of Force
2. Emotional Liberation vs. Emotional Slavery vs. Obnoxious Stage
3. Seeking perfection vs. Becoming “Progressively less stupid”

NVC Processes
1. Hearing another’s anger
2. Expressing “no”
3. Hearing “no”
4. Self-empathy when (a) stimulus is external (b) stimulus is internal
5. Mourning and Learning from our regrets
Intention to live in NVC Consciousness ("Living NVC")

Living NVC ain’t like learning from a book
Books don’t speak in jackal or give you a black look
People are alive with hearts that catch on fire
Words on a page will never call you a liar
~ David McCain, “Living NVC”

Living NVC involves an intention to embody NVC consciousness in our lives in each moment. We might ask ourselves, What am I doing to…

1) In relation to my intention when I Communicate
   a. Clarify my moment-to-moment sense of how I “am” in the world?
   b. Develop awareness that I have the power to live the “Partnership” Paradigm in my life?
   c. Deepen my capacity to focus my attention on strategies that meet all party’s needs?
   d. Practice releasing myself from the desire to be “right” when in conflict?

2) In relation to my connection to myself
   a. Ground myself in the consciousness of feelings and needs – to live more fully from the heart?
   b. Develop awareness of my own intentions when speaking or acting?
   c. Develop my ability to be present moment by moment?
   d. Deepen my capacity to empathize with myself?
   e. Expand my awareness of my emotions?
   f. Grieve when I behave in ways I regret and learn from the experience?

3) In relation to Living Nonviolently with Words and Actions
   a. Increase my capacity to give from the heart?
   b. Cultivate compassion in my life?
   c. Feel more alive?
   d. Experience more freedom in my life?
   e. Be able to “express anger fully”?
   f. Experience greater clarity in my life?
   g. Experience more peace in my life?

4) In relation to Connecting to Others
   a. Create fulfilling relationships and to live in harmony with those around me?
   b. Deepen my sense of interconnection with others and all of life?
   c. Deepen my capacity to receive the world empathically?
   d. Take more joy in the joy of others?
   e. Increase my willingness to hear the pain of others?
   f. Bring clarity to my communication – to express myself in a way that is readily understood by others?
   g. Deepen awareness of what I am wanting back from others when I speak or act?
   h. Create (and resolve) conflict to meet my needs?
   i. Live with confidence that I can “clean up my messes”?

5) In relation to Living in Appreciation and Abundance
   a. Appreciate myself and other people more?
   b. Be able to live more often in the place of gratitude and abundance?
c. Connect with the needs underneath other’s expressions of gratitude?

6) In relation to Returning to the Intention of NVC
   a. Deepen awareness of when my “Giraffe ears have fallen of” (i.e. when I have forgotten that I have choices in how I hear a message)? And when do I do when I become aware that I had forgotten?
   b. Be more aware of when I am "in my head" and disconnected from the heart?

Thank you for completing this assessment.

If you want support in developing greater proficiency in any of the areas your circled, I invite you to contact me at 619-218-7554 or davewithheart@gmail.com.