

Worksheet: Nonviolent Communication (NVC) Practice

This worksheet helps you practice the four core components of Nonviolent Communication (NVC) to improve clarity, reduce reactivity, and promote emotional safety during conflict or misunderstanding.

Choose a real or hypothetical situation where a misunderstanding or tension occurred. Fill in each section by following the prompts to express yourself more clearly and compassionately:

1. **Observation:** Describe what happened using only the facts, without judgment or interpretation.

“When I saw/read/heard...” → _____

2. **Feeling:** Name the emotion you experienced in response to what happened.

“I felt...” → _____

3. **Need:** Identify the underlying need or value that was unmet in that moment.

“Because I was needing...” → _____

4. **Request:** Make a clear, specific, and doable request that could help meet your need.

“Would you be willing to...” → _____

Practice:

- Try journaling your responses first. If comfortable, share them with your partner during a calm moment. Practicing aloud can increase confidence and reduce defensiveness during future interactions.