

What Is NVC

Follow-up Notes

Reference Material

A. Approaches to NVC

What "is" NVC? Below are some ideas people have of what NVC "is." Some may have combinations of these ideas or other ideas. You might add some of your own.

PRINCIPLE	RELATED NEEDS	STRATEGIES
NVC as "life in the moment", play, joy	Joy	Focus on what I want, is it joyful for me
NVC as self-empowerment	Choice and power	Focus on my needs and finding strategies to meet them
NVC as a self-empathic, self-compassionate process	Self-connection, self-acceptance, learning to live with what is (even unmet needs)	Focus on self-empathy, compassion for myself
NVC as a process for authentic connection with oneself and others	Authenticity, vulnerability	Focus on what's most true for me and share it from the heart
NVC as a way to embody compassion, connection	Compassion	Focus on responding with empathy
NVC as a way to hold everyone's needs dear	Harmony, peace, integrity	Focusing on both people's needs
NVC as a way to be present to joy and suffering; to see "what is"	Peace, liberation, joy, understanding	Focusing on the life of the moment in oneself and the world, transforming any ideas of what "should" be
NVC as inner freedom	Choice, growth	Recognizing and acting from true needs instead of impulse, habits, "shoulds," or rebellion

Reflection Questions

Please review the above table, and reflect on the following questions:

1. Is there an approach that speaks to you in particular? If so, can you say why? For example, are there some values of yours that are reflected in this approach? Or do you rather see it as a natural expression of your temperament?
2. Are there other approaches to NVC that you want to pursue to expand your range of options? What would lead you to choose them?
3. Are there any approaches to which you respond with any discomfort? If so, can you connect your discomfort to any value of yours?
4. Do you have a different approach from any of the above that you would like to be added to the table? Can you fill in the blanks for this approach for all three columns?
5. Any other insights about your orientation to NVC practice?