

Effective Communication is essential for our relationships, and in getting our needs met.

Practice the 4 components of Non-Violent Communication (NVC)

Step 1: Observation: Observation without evaluation consists of noticing concrete things and actions around us. We learn to distinguish between judgment and what we sense in the present moment, and to simply observe what is there.

When thinking about a situation that you'd like to communicate about with someone, what are your observations about the situation?

Example: My friend rolled her eyes when I mentioned to the waiter that I can't eat dairy products.

Double check that there are no evaluations/judgements hiding in your observations.

Step 2: Feeling: When we notice things around us, we inevitably experience varying emotions and physical sensations in each particular moment. Here, distinguishing feelings from thoughts is an essential step to the NVC process.

When thinking about the situation what feelings come up?

Example: I feel sad or I feel angry

Check Appendix A for examples of feelings when needs are being met

Check Appendix B for examples of feelings when your needs are NOT being met.

Step 3: Needs: All individuals have needs and values that sustain and enrich their lives. When those needs are met, we experience comfortable feelings, like happiness or peacefulness, and when they are not, we experience uncomfortable feelings, like frustration.

When thinking about the situation and how you feel about it, what universal human needs are either being met or unmet?

Example: My need for support is not being met.

Check Appendix C for examples of universal human needs.

Step 4: Request: To make clear and present requests is crucial to NVC's transformative mission. When we learn to request concrete actions that can be carried out in the present moment, we begin to find ways to cooperatively and creatively ensure that everyone's needs are met.

What would you like to request of the other person to help get your needs met?

Example: Would you be willing to be more supportive of my dietary choices?

Double check that there are not 'Demands' in your request.

Reflect on your success:

As you start to use these tools for effective communication, what is different?

Once you have completed this worksheet, please email it to hello@dietvsdisease.org so it can be uploaded to your file. You are welcome to repeat the worksheet as many times as you want over the program to collate to your progress with this task.

Effective Communication Worksheet

Appendix A - Feeling Inventory - When your needs are being met.

<p>ENGAGED absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated</p>	<p>EXCITED amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant</p>	<p>CONFIDENT empowered open proud safe secure</p>	<p>GRATEFUL appreciative moved thankful touched</p>
<p>PEACEFUL calm clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranquil trusting</p>	<p>JOYFUL amused delighted glad happy jubilant pleased tickled</p>	<p>EXHILARATED blissful ecstatic elated enthralled exuberant radiant rapturous thrilled</p>	<p>REFRESHED enlivened rejuvenated renewed rested restored revived</p>
		<p>AFFECTIONATE compassionate friendly loving open hearted sympathetic tender warm</p>	<p>INSPIRED amazed awed wonder</p>

Effective Communication Worksheet

Appendix B - Feelings Inventory - When your needs are not being met.

<p>AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried</p>	<p>ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked</p>	<p>ANGRY enraged furious incensed indignant irate livid outraged resentful</p>	<p>AVERSION animosity appalled contempt disgusted dislike hate horrified hostile repulsed</p>
<p>CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn</p>	<p>DISCONNECTED alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn</p>	<p>DISQUIET agitated alarmed discombobulated disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset</p>	<p>TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless</p>
<p>YEARNING envious jealous longing nostalgic pining wistful</p>	<p>VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky</p>	<p>EMBARRASSED ashamed chagrined flustered guilty mortified self-conscious loving open hearted sympathetic tender warm</p>	<p>FATIGUE beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out wonder</p>

Effective Communication Worksheet

PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful	SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched		
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Appendix C: Examples of universal human needs

<p>CONNECTION Acceptance Affection Appreciation Belonging Cooperation Communication Closeness Community Companionship Compassion Consideration Consistency Empathy Inclusion Intimacy Love Mutuality Nurturing respect/self-respect Safety Security Stability Support to know and be known to see and be seen to understand and be understood Trust warmth</p>	<p>MEANING awareness celebration of life challenge clarity competence consciousness contribution creativity discovery efficacy effectiveness growth hope learning mourning participation purpose self-expression stimulation to matter understanding</p>	<p>PHYSICAL WELL-BEING air food movement/exercise rest/sleep sexual expression safety shelter touch water</p>	<p>AUTONOMY choice freedom independence space spontaneity</p>
		<p>HONESTY authenticity integrity presence</p>	<p>PEACE beauty communion ease equality harmony inspiration order</p>
		<p>PLAY joy humor</p>	