

NVC PROCESS

Process suggested:

1. State the **truth of what happened** – just the facts, without any feelings/emotions/judgments involved. What is it that happened, objectively?
2. State **how it made you feel when that thing happened** – again, without judging, blaming or assuming anything about the other person's intentions.
3. State **what the need or value is that you personally have**, that causes those feelings to arise.
4. Offer **a solution/request** that could be helpful in these situations in the future.

Example:

1. I heard you playing music in the other room at 3am.
2. Waking up to the music made me feel frustrated,
3. Because I'm a light sleeper and I really value getting a full night's sleep.
4. Would you be willing to put headphones in if you're listening to music after 11pm?