

some tools/practices that NVC offers

- **identifying needs**—what matters to me or another?
- **identifying feelings**—what information do my emotions provide? how do they point back towards a need?
- **making observations**—identify and pull back my judgments/interpretations of an experience to more objectively describe what an outside observer might have also witnessed? (*note: this can include some things that are “invisible,” like power differentials or structural inequities*)
- **making requests**—can I be clear about what I need and invite others into a conversation that includes their needs, too?
- **giving feedback**—can I be specific about why something supported or challenged me?
- **reflecting**—summarize or paraphrase to make sure I heard correctly; use empathy to guess at what someone is feeling or what their needs might be, instead of trying to fix anything or rush to a solution
- **providing context**—let others in on why something matters to you
- **pre-work**—rehearse a conversation with a friend or partner to increase my own clarity and receive empathy ahead of time