

"A LANGUAGE OF LIFE"

Marshall B. Rosenberg

Improve your relationships using the 4 steps of the nonviolent communication method

Be finally understood and fulfill all of your needs!

1

ACTIONS

Describe the exact facts that happen or had happened in the situation that is affecting your well-being.

"When you come home, you are taking off your socks and leaving them in several places."

FEELINGS

How does this situation make you feel? You can find a list of feelings to express yourself easier.

"When I see the socks in several places, I'm feeling stressed and annoyed."

2

3

NEEDS

Express the needs that are creating this feeling.

"I need to be organized and to see that everything is in its place, it makes me feel peace and quiet."

CLEAR DEMANDS

Make clear demands so the person can help you fulfill your needs the right way.

"Please Lukas, when you take off your socks, can you please put them straight in the dirty bag?"

4

Want more details? Check **THIS** about CNV!

Hi there!!

I'm SO EXCITED that you are also interested in personal development! :)

I'm Tamara and I'm from Switzerland.

I'm a life coach, teacher & entrepreneur and I'm passionate about personal development.

Let me know how it goes for you :)

