

Non-Violent Communication Worksheet

Client Information

Name: _____ Date of birth: _____

Gender: _____ Date of Consultation: _____

Address: _____

Phone Number: _____ Email Address: _____

Situation

Describe the situation in detail

Feelings

Identify and express your feelings using "I" statements

Needs

Identify the need or value that was not met in the situation

Request

Make a clear and specific request for how the situation can be improved in the future