Nonviolent Communication (NVC) Worksheet

Name:	Date of birth:	

Observation	Feelings	
Describe what happened without judgment, interpretation, or exaggeration.	Identify and name your feelings that arose from the observation.	
What did you observe that triggered a response in you?	What emotions did you feel in response to the situation? (Use "I feel" statements (e.g., I felt anxious, sad, relieved).	
Needs	Requests	
Uncover the unmet needs underlying those feelings.	Express a clear, respectful, and actionable request to address your needs.	

Areas of reflection				
How did completing this exercise affect your understanding of the situation?	How might you approach similar situations differently in the future?			
Personal reflection				