



Nonviolent Communication (NVC)

Also known as Compassionate Communication, NVC creates a path for healing and a quality of connection that is designed to help foster compassion and understanding, both within ourselves and others. NVC can be used therapeutically, in conflict situations, or in everyday conversation. Through the practice of NVC, we can learn to clarify what we are observing, what emotions we are feeling, what values we want to live by, and what we want to ask of ourselves and others. We will no longer need to use the language of blame, judgment or domination. We can experience the deep pleasure of contributing to each others' well being. The NVC model was developed by Marshall Rosenberg, PhD.

"All that has been integrated into NVC has been known for centuries about consciousness, language, communication skills, and use of power that enable us to maintain a perspective of empathy for ourselves and others, even under trying conditions."

~ Marshall B. Rosenberg, PhD

About the Center for Nonviolent Communication ~ <http://www.cnvc.org>