

LEARNING THE ART OF GREAT COMMUNICATION

Nonviolent Communication, (NVC), is based on the principles of nonviolence--the natural state of compassion when no violence is present in the heart. NVC begins by assuming that we are all compassionate by nature and that violent strategies—whether verbal or physical—are learned behaviours taught and supported by the prevailing culture.

NVC also assumes that we all share the same, basic human needs, and that all actions are a strategy to meet one or more of these needs. People who practice NVC have found greater authenticity in their communication, increased understanding, deepening connection and conflict resolution.

The NVC community is active in over 65 countries around the globe.

LISTENING:

1. Observation:

Ask yourself the question, what's really happening here?
Be very self-aware.

2. Feelings:

Acknowledge your feelings and actions, don't act out in your behaviour.
Don't prejudge your partner, their motives, words or actions.
Don't second guess.

3. Needs:

Feelings come from unmet needs, i.e. anger at your partner who is not doing what you want them to do.
Check yourself, weigh your feelings and your motives.

4. Requests:

Be clear about what we want, don't make demands on your partner.
Don't be controlling. Remember that you are not entitled to anything.
Be honest and transparent. Be clear and concise. Practice active listening, be patient, consider your partners perspective.

SPEAKING:

Agree to disagree respectfully.
Consider how you can speak and be heard.
Tweak your approach if necessary.
Say only what you need to say.
Watch your language.

With this in mind, why not read the following Bible passages:

Romans 12
1 Corinthians 13
Galatians 5:16-26

REFERENCES

Marriage Counseling, Jacob Costas, pp 7 – 23. 2018
Four principles of non-violent communication, Dr Marshall B. Rosenberg