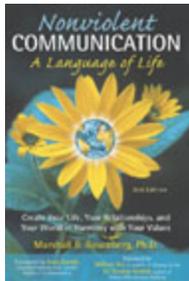


Nonviolent Communication: A Language of Compassion

By Marshall Rosenberg, Ph.D.

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Marshall B. Rosenberg, Ph.D., is a clinical psychologist, internationally known peacemaker, and founder of the Center for Nonviolent Communication. The Center evolved from Dr. Rosenberg's quest to find a way to teach much-needed peacemaking skills across four continents and in war-torn countries.



In his book *Nonviolent Communication: A Language of Compassion* ([review or buy](#)) author Marshall Rosenberg outlines a simple process that facilitates the flow of communication necessary to exchange information and resolve differences compassionately. Nonviolent Communication encourages people to use language that increases goodwill. It teaches people how to avoid language that creates resentment or lowers self esteem. It emphasizes compassion as the motivation for actions, rather than fear, guilt, shame or blame. It also emphasizes personal responsibility for our choices.

Marshall Rosenberg, Nonviolent Communication, Part 1

Believing that it is our nature to enjoy giving and receiving in a compassionate manner, I have been preoccupied most of my life with two questions. What happens to disconnect us from our compassionate nature, leading us to behave violently and exploitatively? And conversely, what allows some people to stay connected to their compassionate nature under even the most trying circumstances?

My preoccupation with these questions began in childhood, around the summer of 1943, when our family moved to Detroit, Michigan. The second week after we arrived, a race war erupted over an incident at a public park. More than forty people were killed in the next few days. Our neighborhood was situated in the center of the violence, and we spent three days locked in the house.

When the race riot ended and school began, I discovered that a name could be as dangerous as any skin color. When the teacher called my name during attendance, two boys glared at me and hissed, "Are you a kike?" I had never heard the word before and didn't know it was used by some people in a derogatory way to refer to Jews. After school, the two were waiting for me: they threw me to the ground, kicked and beat me.

Since that summer in 1943, I have been examining the two questions I mentioned. What empowers us, for example, to stay connected to our compassionate nature even under the worst circumstances? I am thinking of people like Ety Hillesum, who remained compassionate even while subjected to the grotesque conditions of a German concentration camp. As she wrote in her journal at the time,

"I am not easily frightened. Not because I am brave but because I know that I am dealing with human beings, and that I must try as hard as I can to understand everything that anyone ever does. And that was the real import of this morning: not that a disgruntled young Gestapo officer

yelled at me, but that I felt no indignation, rather a real compassion, and would have liked to ask, 'Did you have a very unhappy childhood, has your girlfriend let you down?' Yes, he looked harassed and driven, sullen and weak. I should have liked to start treating him there and then, for I know that pitiful young men like that are dangerous as soon as they are let loose on mankind." - *Hillesum, Etty: A Memoir*.

While studying the factors that affect our ability to stay compassionate, I was struck by the crucial role of language and our use of words. I have since identified a specific approach to communicating -- speaking and listening -- that leads us to give from the heart, connecting us with ourselves and with each other in a way that allows our natural compassion to flourish. I call this approach Nonviolent Communication, using the term nonviolence as Gandhi used it -- to refer to our natural state of compassion when violence has subsided from the heart. While we may not consider the way we talk to be "violent," our words often lead to hurt and pain, whether for ourselves or others. In some communities, the process I am describing is known as Compassionate Communication; the abbreviation "NVC" is used throughout this book to refer to Nonviolent or Compassionate Communication.

A way to focus attention

NVC is founded on language and communication skills that strengthen our ability to remain human, even under trying conditions. It contains nothing new; all that has been integrated into NVC has been known for centuries. The intent is to remind us about what we already know -- about how we humans were meant to relate to one another -- and to assist us in living in a way that concretely manifests this knowledge.

NVC guides us in reframing how we express ourselves and hear others. Instead of being habitual, automatic reactions, our words become conscious responses based firmly on an awareness of what we are perceiving, feeling, and wanting. We are led to express ourselves with honesty and clarity, while simultaneously paying others a respectful and empathic attention. In any exchange, we come to hear our own deeper needs and those of others. NVC trains us to observe carefully, and to be able to specify behaviors and conditions that are affecting us. We learn to identify and clearly articulate what we are concretely wanting in a given situation. The form is simple, yet powerfully transformative.

As NVC replaces our old patterns of defending, withdrawing, or attacking in the face of judgment and criticism, we come to perceive ourselves and others, as well as our intentions and relationships, in a new light. Resistance, defensiveness, and violent reactions are minimized. When we focus on clarifying what is being observed, felt, and needed rather than on diagnosing and judging, we discover the depth of our own compassion. Through its emphasis on deep listening -- to ourselves as well as others -- NVC fosters respect, attentiveness, and empathy, and engenders a mutual desire to give from the heart.

Although I refer to it as "a process of communication" or a "language of compassion," NVC is more than a process or a language. On a deeper level, it is an ongoing reminder to keep our attention focused on a place where we are more likely to get what we are seeking.

There is a story of a man under a street lamp searching for something on all fours. A policeman passing by asked what he was doing. "Looking for my car keys," replied the man, who appeared slightly drunk. "Did you drop them here?" inquired the officer. "No," answered the man, "I dropped them in the alley." Seeing the policeman's baffled expression, the man hastened to explain, "But the light is much better here."

I find that my cultural conditioning leads me to focus attention on places where I am unlikely to get what I want. I developed NVC as a way to train my attention -- to shine the light of consciousness -- on places that have the potential to yield what I am seeking. What I want in my life is compassion, a flow between myself and others based on a mutual giving from the heart....

The NVC model

To arrive at a mutual desire to give from the heart, we focus the light of consciousness on four areas -- referred to as the four components of the NVC model.

First, we observe what is actually happening in a situation: what are we observing others saying or doing that is either enriching or not enriching our life? The trick is to be able to articulate this observation without introducing any judgment or evaluation -- to simply say what people are doing that we either like or don't like. Next, we state how we feel when we observe this action: are we hurt, scared, joyful, amused, irritated, etc.? And thirdly, we say what needs of ours are connected to the feelings we have identified. An awareness of these three components is present when we use NVC to clearly and honestly express how we are.

For example, a mother might express these three pieces to her teenage son by saying, "Felix, when I see two balls of soiled socks under the coffee table and another three next to the TV, I feel irritated because I am needing more order in the rooms which we share in common."

She would follow immediately with the fourth component -- a very specific request: "Would you be willing to put your socks in your room or in the washing machine?" This fourth component addresses what we are wanting from the other person that would enrich our lives or make life more wonderful for us.

Thus, part of NVC is to express these four pieces of information very clearly, whether verbally or by other means. The other aspect of this communication consists of receiving the same four pieces of information from others. We connect with them by first sensing what they are observing, feeling, and needing, and then discover what would enrich their lives by receiving the fourth piece, their request. As we keep our attention focused on the areas mentioned, and help others do likewise, we establish a flow of communication, back and forth, until compassion manifests naturally: what I am observing, feeling, and needing; what I am requesting to enrich my life; what you are observing, feeling, and needing; what you are requesting to enrich your life....

NVC helps us connect with ourselves and each other in a way that allows our natural compassion to flourish. It guides us to reframe the way we express ourselves and listen to others by focusing our consciousness on four areas: what we are observing, feeling, and needing and what we are requesting to enrich our lives. NVC fosters deep listening, respect, and empathy and engenders a mutual desire to give from the heart. Some people use NVC to respond compassionately to themselves, some to create greater depth in their personal relationships, and still others to build effective relationships at work or in the political arena. Worldwide, NVC is used to mediate disputes and conflicts at all levels.

NVC in Action

Interspersed throughout the book are dialogues entitled NVC in Action. These dialogues intend to impart the flavor of an actual exchange where a speaker is applying the principles of Nonviolent Communication. However, NVC is not simply a language or a set of techniques for

using words; the consciousness and intent which it embraces may be expressed through silence, a quality of presence, as well as through facial expressions and body language. The NVC in Action dialogues you will be reading are necessarily distilled and abridged versions of real-life exchanges, where moments of silent empathy, stories, humor, gestures, etc. would all contribute to a more natural flow of connection between the two parties than might be apparent when dialogues are condensed in print.

"Murderer!", "Assassin", "Child-killer!", "Murderer!"

I was presenting Nonviolent Communication in a mosque at Deheisha Refugee Camp in Bethlehem to about 170 Palestinian Moslem men. Attitudes toward Americans at that time were not favorable. As I was speaking, I suddenly noticed a wave of muffled commotion fluttering through the audience. "They're whispering that you are American!" my translator alerted me, just as a gentleman in the audience leapt to his feet. Facing me squarely, he hollered at the top of his lungs, "Murderer!" Immediately a dozen other voices joined him in chorus: "Assassin!" "Child-killer!" "Murderer!"

Fortunately, I was able to focus my attention on what the man was feeling and needing. In this case, I had some cues. On the way into the refugee camp, I had seen several empty tear gas canisters that had been shot into the camp the night before. Clearly marked on each canister were the words "Made in U.S.A." I knew that the refugees harbored a lot of anger toward the U.S. for supplying tear gas and other weapons to Israel.

I addressed the man who had called me a murderer:

I: Are you angry because you would like my government to use its resources differently? (I didn't know whether my guess was correct, but what is critical is my sincere effort to connect with his feeling and need.)

He: Damn right I'm angry! You think we need tear gas? We need sewers, not your tear gas! We need housing! We need to have our own country!

I: So you're furious and would appreciate some support in improving your living conditions and gaining political independence?

He: Do you know what it's like to live here for twenty-seven years the way I have with my family -- children and all? Have you got the faintest idea what that's been like for us?

I: Sounds like you're feeling very desperate and you're wondering whether I or anybody else can really understand what it's like to be living under these conditions.

He: You want to understand? Tell me, do you have children? Do they go to school? Do they have playgrounds? My son is sick! He plays in open sewage! His classroom has no books! Have you seen a school that has no books?

I: I hear how painful it is for you to raise your children here; you'd like me to know that what you want is what all parents want for their children -- a good education, opportunity to play and grow in a healthy environment...

He: That's right, the basics! Human rights -- isn't that what you Americans call it? Why don't more of you come here and see what kind of human rights you're bringing here!

I: You'd like more Americans to be aware of the enormity of the suffering here and to look more deeply at the consequences of our political actions?

Our dialogue continued, with him expressing his pain for nearly twenty more minutes, and I listening for the feeling and need behind each statement. I didn't agree or disagree. I received his words, not as attacks, but as gifts from a fellow human willing to share his soul and deep vulnerabilities with me.

Once the gentleman felt understood, he was able to hear me as I explained my purpose for being at the camp. An hour later, the same man who had called me a murderer was inviting me to his home for a Ramadan dinner.

Nonviolent Communication? A Language of Life, Second Edition Foreword Chapter 1 - Giving from the Heart Chapter 2 - Communication That Blocks Compassion Chapter 3 - Observing Without Evaluating Chapter 4 - Identifying and Expressing Feelings Chapter 5 - Taking Responsibility For Our Feelings Chapter 6 - Requesting That Which Would Enrich Life Chapter 7 - Receiving Empathically Chapter 8 - The Power of Empathy Chapter 9 - Connecting Compassionately With Ourselves. Chapter 10 - Expressing Anger Fully Chapter 11 - The Protective Use Of Force Chapter 12 - Liberating Ourselves and Counseling Others Nonviolent Communication (NVC) has been described as a language of compassion, as a tool for positive social change. NVC gives us the tools to understand what triggers us, to take responsibility for our reactions, and to deepen our connection with ourselves and others, thereby transforming our habitual responses to life. Ultimately, it involves a radical change in how we think about life and meaning. The language of Nonviolent Communication includes two parts: honestly expressing ourselves to others, and empathically hearing others. Both are expressed through four components - observations, feelings, needs, and requests - though observations and requests may or may not be articulated. Non-violent communication: a language of life is an introduction to empathic communication, communication from the heart. In this book, Marshall Rosenberg presents the process that will enable us to communicate more calmly with others and with ourselves. It breaks down into two major parts: Expressing yourself with sincerity and listening with empathy. Part 1 - "giving from the heart." A third obstacle to compassion according to the author is denying responsibility. This prevents the individual from being fully aware that we are responsible for our own thoughts, feelings and acts. The often-used expression "I have to" is a good example. Finally, communicating your desires in the form of a demand is another obstacle to compassion.