



# FAMILY PRACTICE WORKSHEET

## *Nonviolent Communication\**

### Step 1: Observe Without Judgment

- *Instructions:* Focus only on the facts. Describe what you notice without using loaded language, evaluation, or assumptions.
  - **Example:** "I noticed that when I ask you about your day, you don't respond much or just say 'It's fine.'"
  - **Your Observation:**
- 

### Step 2: Identify and Express Feelings

- *Instructions:* Reflect on how you feel about the situation. Use feeling words (e.g., frustrated, worried, disappointed) rather than evaluations.
  - **Example:** "I feel sad because I really want to stay connected with you."
  - **Your Feelings:**
- 

### Step 3: Acknowledge Needs

- *Instructions:* Identify your needs or values related to this feeling. Think about universal needs like respect, honesty, collaboration, or reliability.
  - **Example:** "I need connection with you and to know how you're doing."
  - **Your Need(s):**
- 

### Step 4: Make a Clear Request

- *Instructions:* Request a concrete action to help meet your needs. Be specific, clear, and make it something achievable.

# ROAD MAP *to resolution*



- **Example:** "Would you be open to telling me one thing that happened today, even if it's small?"
- **Your Request:**

## Reflection and Discussion Questions

Once both parties have completed their worksheets, discuss:

1. **How did it feel to express your needs and requests?**
2. **How did it feel to hear the other person's needs and requests?**
3. **What would it look like to integrate Nonviolent Communication more regularly in your communication?**
4. **What challenges came up during this exercise, and how could you work through them?**

---

## Tips for Success

- ✓ **Model patience:** It may take time for everyone to feel comfortable expressing feelings and needs, especially for kids.
- ✓ **Practice active listening:** Make eye contact, use gentle body language, and respond without interrupting.
- ✓ **You can respond with nonviolent communication steps as well.**
  - **Reflect back what you heard:** *I'm hearing that you feel sad and disconnected when I respond with a shorter answer like, "I'm fine." You value your relationship with me and want to make sure we stay connected. I can commit to being more intentional about sharing more, but sometimes my brain goes a mile a minute and I feel distracted*
  - **Share your perspective:** *When my brain is going a mile a minute and I'm distracted, I feel exasperated when you want to connect and deep dive into my day. I also value our relationship and connection, but it's hard for me to connect when it's not the best time*

# ROAD MAP *to resolution*



Questions? 509.453.8949 | [info@cpcocw.org](mailto:info@cpcocw.org)

*for me. It would work better for me if we build connection time into our routine, like maybe chatting at dinner time. Would you be willing to catch up at dinner time instead of during the day?*

- ✓ **Use a family check-in:** Set aside time each week to practice NVC on small topics, so it becomes a familiar tool for everyone.

\*Rosenberg, Marshall B. *Nonviolent Communication: A Language of Life*. Encinitas, CA: PuddleDancer Press, 2015.