WOULD YOU LIKE:

- me to tell you how I feel?
- me to tell you what I heard?
 - me to [do] ... ? (specify concrete action)

because

YOU NEED

(value)

do you

FEEL

EMPATHY WHEN YOU

Hear, See, Taste, Touch, Smell

OR REMEMBER

Hearing, Seeing, Tasting, Touching, Smelling...

WOULD YOU BE WILLING TO:

- tell me how you feel, hearing what I just said?
- tell me what you heard me say?
- [do]... ? (specify concrete action)

because

I NEED

(value)

I FEEL

WHEN I

Hear, See, Taste, Touch, Smell

OR REMEMBER

Hearing, Seeing, Tasting, Touching, Smelling...

HONESTY

Conscious intention to connect with another

The FOUR D'S of DISCONNECTION

Conscious intention to

connect with another

Diagnosing or Judging

^^^^^

Denying responsibility

Deserve-type thinking

Demanding

REQUEST

What might be my present request for either connection or action?

NEED

What do I need now?

FEELING

How am I feeling now about it?

OBSERVATION

What happened? (facts only)



SELF-EMPATHY

Conscious intention to connect with self

NVC Dance Floors Communication Process