The NVC Tree of Life

Three Focus Options for Connection

Verbal

Non-Verbal

Empathy

Self-Expression

Connecting with what's alive in *you*:

(When you see/hear…)
Are **you** feeling…
because **you** need…?
(Would you like…?)

Communicating what's alive in *me*:

When I see/hear…
I feel…
because **I** need….
Would you be willing to…?

Self-Connection

Humanizing

Opening my heart to what's alive in *you*:

(Judgments?)
Could s/he be feeling…?
Could s/he be needing…?

Self-Empathy

Opening my heart to what's alive in *me*:

(Judgments?)
How am I feeling?
What am I needing?

Which option do I want to choose next?

Empathy? or Self-Expression?

New strategies arise from connection, sometimes without words

© 2012 by Inbal Kashtan • nvc@baynvc.org • 510-433-0700 • www.cnvc.org • www.baynvc.org