

# NVC: Expressing With Honesty

## 1. Observation (Without Judgment, Criticism, or Interpretation)

Describe the situation or behavior you experienced. Stick to facts—what was said or done—without adding interpretation or blame. Example: "When I see/hear..."      "When I saw you looking at your phone while I was talking..."

Your Observation: \_\_\_\_\_  
\_\_\_\_\_

## 2. Feeling (What Did You Feel?)

What emotion(s) arose in you? Choose from the emotional vocabulary or use your own words. Example: "I felt hurt and unseen."

Your Feeling(s): \_\_\_\_\_  
\_\_\_\_\_

## 3. Need (What Need Was Not Met?)

Identify the deeper value or longing that was triggered. Example: "I need to feel valued and heard in conversation."

Your Need: \_\_\_\_\_  
\_\_\_\_\_

## 4. Request (What Would Restore Connection?)

Formulate a respectful, clear request (not a demand) that seeks restoration. Example: "Could we talk again when you're able to be more present?"

Your Request: \_\_\_\_\_  
\_\_\_\_\_

## Reflection with God

Take a moment to bring this conversation to the Lord. What is He showing you about your heart? How might He want to speak into your emotions? What does grace look like for yourself and the other person? Write your prayer or insights below:

Prayer or Insight: \_\_\_\_\_  
\_\_\_\_\_

# NVC: Listening With Empathy

## 1. Observation (Listen Empathically)

Using empathy, listen carefully to the other person. Overlook any judgments, criticisms, or interpretations they make about you and listen for feelings and needs behind their evaluations. Stick to facts of what they have observed—what was said or done. Example: "When you see/hear me ..."

Repeat the Observation You Hear Them Saying:

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## 2. Feeling (What Did They Feel?)

Make a guess without judgment about what they are likely feeling based on the observation. Then, ask them if this is correct. Example: "You feel... " "When you saw me using my phone while you were talking, you felt annoyed. Is that right?"

Your Guess About Their Feeling(s):

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## 3. Need (What Need Was Not Met?)

Try to identify the deeper value or longing that was triggered in the other person. Then, ask them if you guessed correctly. Example: "What you need or value is..." "When you saw me using my phone while you were talking, you felt annoyed because you value our connection and being heard, is that right?"

Your Guess About Their Need(s):

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## 4. Reflect Understanding & Make Request

Ensure that you understand their feelings and needs and ask them if they have a request. Example: "Could you tell me, if I understood you correctly?" "Would you like me to...?"

Understanding & Request:

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## Reflection with God

Take a moment to bring this conversation to the Lord. What is He showing you about your heart? How does He want you to think about and respond to the other person? What does grace look like for yourself and the other person in this situation? Write your prayer or insights below:

Prayer or Insight:

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