

Expressing Feelings (Sharing "Feedback")

iPhone App: [iGrok](#) (format for NVC)

Expect this to take about 3 to 5 minutes

Person A

1. **Consent to Talk:**
 1. ***Are you available to talk*** about X? When would be a good time?
2. **Observation -**
 1. When I saw/heard...
3. **Feeling -**
 1. I felt...
4. **Need/Value -**
 1. (Value) is important to me and
5. **Direct Positive Request -**
 1. Next time, would you...
6. **Check-in -**
 1. I'm curious what's happening for you after hearing that...
7. **Example:**
 1. (**Feeling/Observation**) I'm really happy to hear you're open to help with dinner
 2. (**Need/Value**) Because sharing responsibility is important to me in our family...
 3. (**Request**) Would you set the table while I finish getting dinner ready?
 1. No...Is there something you're willing to help me with? I'm feeling really overwhelmed and could really use the help right now.

Repairing Conversation

1. **Consent to Talk:**
 1. ***I'd like to repair*** something I said yesterday, are you open to talking about it?
2. **State what you did -** When I (did/said)..., I was triggered.
3. **State the feeling/fear/story that was behind the action -** I was feeling/thinking...
4. **Apologize -** I'm sorry I reacted that way.
5. **State what you would have done differently -** If I had it to do over again, I would have told you...If I was more aware of what was happening for me, I would have told you...

EMPATHY GAME

This is a good way to ensure two upset people have a chance to feel heard after a disagreement.

FOR 1 to 3 MINUTES:

Person A (most upset):

You have 1 minute (up to 3 min) to share about your experience. What did you see, feel, and believe. Try to focus on starting your sentence with "I saw..." "I felt..." "I thought/believe..." "The story I made up was..."

Person B:

While they share, you listen and try to understand what they're feeling and why.

FOR 1 MINUTE:

Person B:

You have 1 minute to share what you heard them say and what you think they feel. Try the best you can to use the exact same words.

→ At the end, you ask, "Is that correct? Is there anything else?"

Person A:

Listen without interrupting. Do they seem to understand?

FOR 30 SECONDS:

Person A:

You let them know what parts are correct and ADD anything else you want to ADD.

Person B:

Listen and be ready to share back what you heard them say.

REPEAT UNTIL PERSON A FEELS COMPLETE (This usually takes 5 to 7 minutes total)

FOR 30 SECONDS:

Person B:

Share understanding, "I can understand why you feel [...], because I've felt that way before too. Next time, I will [name what you will do differently next time]."

Person A:

Thanks person B for listening.

SWITCH

Go through the same cycle, allowing person B to share what was happening for them that led them to do what they did.