

NONVIOLENT COMMUNICATION SELF-CHECK



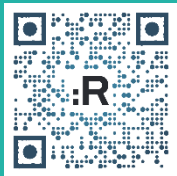
We all know it: In **conflict** with others - or ourselves - we are not particularly objective. We quickly abandon the level of pure **observation** and become judgemental.

We **GENERALIZE,**
EXAGGERATE, DEVALUE

But precisely in observing lies the first step of Marshall B. Rosenberg's Nonviolent Communication. Deliberately avoiding judgment and focusing on what is really happening is a huge step toward **conflict** resolution. Is this step difficult? Yes, definitely.

Question yourself:

- 🙄 With whom do you have a conflict right now? Who are you angry with?
- 💬 Tell a friend what this other person is doing. Try to be consistent with your earlier reactions – don't cheat!
- 🎯 Be honest: how much did you stick to the facts? How much was your narrative defined by exaggeration, interpretation and devaluation?
- 💡 Have you caught yourself saying something about others or yourself like, "I'm so stupid!" or "She always has to have a say in everything!"? Don't worry, it doesn't make you a bad person. But it leads to **escalation** rather than **de-escalation**.



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