




# NONVIOLENT COMMUNICATION METHOD



Feelings don't need justification!  
(M. B. Rosenberg)

In the self-test of our RESOULseed #4, you probably found that it is difficult to describe your own conflicts based on observation alone. If you succeeded, you will have noticed how small - and often insignificant - details can ignite conflicts.

Although the problem is not yet solved, we have laid the foundation for finding a **solution**. We invite you to continue thinking about your conflict case according to **Rosenberg's** method of nonviolent communication:

-  Ask yourself: What feelings have been triggered by the other person's **behavior**?  
IMPORTANT: Every feeling is "right" because a feeling needs no justification. Become clear about **YOUR** feeling and admit it to yourself. Other people may trigger feelings, but they originate in you and can thus only be resolved by you. **Recognizing** this fact is a milestone on the path to a solution.
-  Why is your feeling justified? Does it reflect an important, but unfulfilled **need**? Can you describe it?
-  With this knowledge, you can now express a wish to your counterpart. In most cases, people will agree to help if you can clearly explain your unfulfilled need.



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