

Effective Communications for Families

A nonviolent communication guidebook.



“NVC comes down to removing judgments and identifying needs.”

Coach Eric Moore

THE FOUR STEPS TO NONVIOLENT COMMUNICATION

01 /

Observations:

Making observations without judgments or criticisms.

02 /

Feelings:

Expressing feelings without confusing them with thoughts.

03 /

Needs:

Identifying and articulating needs so they can be met.

04 /

Requests:

Make requests not demands for unmet needs.

01 / OBSERVATIONS



01 /OBSERVATIONS

For tough or difficult conversations, observations are comments about actions without judgments or criticisms. You state clearly what you have witnessed without flowery language or hyperbole.

Observations move in two ways: sending and receiving messages. You must send messages without blame or criticism. You must also listen without guilt or shame.

[See the next page for examples.](#)





OBSERVATIONS EXAMPLES

EXAMPLE 1

Before NVC:

"You're always spending too much time on your tablet!"

After NVC:

"You were on your tablet over your time limit by 10 minutes."

EXAMPLE 2

Before NVC:

"You're always late doing your chores and that's why you're lazy!"

After NVC:

"I noticed the past two weeks you didn't put the trash out."

02 / FEELINGS



02 /FEELINGS

For many of us, men have been told not to share our feelings. Today, conventional attitudes towards feelings are shifting to acceptance, especially when raising children.

NVC promotes the expression of feelings in a way that helps your family recognize what is prompting your message. It also reinforces the contrast between your feelings and observations to communicate your message more clearly.

This isn't about sharing feelings for feelings sake—it means expressing them in a way that is easy for your family to understand.

[See the next page for examples.](#)





FEELINGS EXAMPLES

Feelings Before NVC:

“Janelle, I feel like you’re lazy because you’re always on your tablet.”

You can’t feel that someone else is lazy, this is a judgment of abilities.

Feelings After NVC:

“I feel frustrated when you don’t agree to our tablet time limit.”

In this example, the sender is expressing their own feeling (frustration) and not a judgment of Janelle’s abilities.

03 / NEEDS



03 /NEEDS

Needs can be about identity, belonging, creativity, safety, and so much more. Expressions of feelings are statements of unmet needs and the two components go hand-in-hand: feelings and needs.

An expression of needs does not make us needy. We share our needs clearly and often so our families can identify ways to help us fulfill those needs.

[See the next page for examples.](#)





NEEDS EXAMPLES

Before NVC:

"I am upset by your constant disregard for the tablet time limits."

In this example, the sender isn't expressing a clear need. Sure, it could be about adhering to the rules or about respect.

After NVC:

"It's important to me that you spend more time with the family. So, limiting your tablet use helps with that."

In this example, the sender is expressing a clear need to have the child spend more time with the family. Setting time limits is a possible solution.

04 / REQUESTS



04 /REQUESTS

Now that you've expressed a need, it is time to request for that need to be fulfilled.

Requests are a call for help, guidance, or support in the household. You must ask your request in a way where the other person can negotiate how to fulfill the request.

Requests are not demands, where the answer only serves your exact approach with no agreement or compromise.

Granted, some requests might need to be demands given a child's age or safety concern. Requests are invitations to your children to the problem solving space.

[See the next page for examples.](#)





REQUESTS EXAMPLES

Before NVC:

“You will stick to your tablet time limits or I will take away your tablet forever.”

After NVC:

“How might you to stick to our tablet agreement and spend time with the family?”

OR:

“Can you commit to our agreement in limiting your tablet and spending more time with the family?”

Get started today!

Nonviolent communications has four key components: Observations, Feelings, Needs, and Requests. Each component has unique success factors that won't take long to learn.

To start your journey in the practice of nonviolent communication, begin with Observations. For the first two weeks, focus only on making observations without judgments.

Keep track of how many times you insert a criticism or judgment versus times you do not. Note how people react to your use of pure observations versus critiques.

Don't worry if it takes you longer than two weeks, just keep going and encourage your family to join the exercise.



To learn more about how I can help you improve your communications visit:

<https://www.fatherli.com/individual-coaching>

