

# Nonviolent Communication Class Outline

Laura Kinney- Class Coordinator

Wednesdays starting September 11<sup>th</sup>- October 16<sup>th</sup>  
7 pm-8:30pm

## Class Description:

*Nonviolent Communication- A Language of Life* is a book by Marshall B. Rosenberg, PhD. This book reveals the power of connecting with others and ourselves on an entirely new level. You realize immediately that every relationship in your life –with family or friends, co-workers, students, teachers, even yourself- now has the potential for positive, permanent transformation.

Learning the Nonviolent Communication-NVC process has often been equated with learning a whole new way of thinking and speaking.

**What is violent communication:** If violent means acting in ways that result in hurt or harm, then much of how we communicate-judging others, bullying, having racial bias, blaming, finger pointing, discriminating, speaking without listening, criticizing others or ourselves, name-calling, reacting when angry, using political rhetoric, being defensive or judging who's "good/bad" or what's "right/wrong" with people could indeed be called "violent communication."

## What is Nonviolent Communication?

-Consciousness: a set of principles that support living a life of compassion, collaboration, courage, and authenticity

-Language: understanding how words contribute to connection or distance

-Communication: knowing how to ask for what we want, how to hear others even in disagreement, and how to move toward solutions that work for all.

**-Means of influence: sharing “power with others” rather than using “power over others”**

**Nonviolent Communication serves our desire to do 3 things:**

**-Increase our ability to live with choice, meaning and connection**

**-Connect empathically with self and others to have more satisfying relationships**

**-Sharing of resources so everyone is able to benefit**

**Four Components of NVC :**

- Observations**
- Feelings**
- Needs**
- Requests**

**These 4 components are used for:**

- Expressing honestly through the 4 components**
- Receiving empathically through the 4 components**

**Class time will include reading, discussion, exercises, role playing and watching videos that illustrate NVC in action**

**Below is a description of the chapters we will discuss each week:**

## **I. Week 1 Review of Chapter 1 and 2**

***A. Chapter 1 - Giving From the Heart***

***B. Chapter 2 – Communication That Blocks Communication***

## **II. Week 2 Review of Chapter 3 and 4**

***A. Chapter 3 – Observing without Evaluating***

***B. Chapter 4 – Identifying and Expressing Feelings***

### **III. Week 3 Review of Chapter 5 and 6**

*A. Taking Responsibility for Our Feelings*

*B. Requesting That Which Would Enrich Life*

### **IV. Week 4 Review of Chapter 7 and 8**

*A. Receiving Empathically*

*B. The Power of Empathy*

### **V. Week 5 Review of Chapter 9-11**

*A. Connecting Compassionately with Ourselves*

*B. Expressing Anger Fully*

*C. Conflict Resolution and Mediation*

### **VI. Week 6 Review of Chapter 12-14**

*A. The Protective Use of Force*

*B. Liberating Ourselves and Counseling Others*

*C. Expressing Appreciation in Nonviolent Communication*