Subject: Suggested changes and comments to draft submission.

Based on Nonviolent Communication by Marshall Rosenberg. Ph.D. May be duplicated for personal use or for teaching NVC.

Disappeal
Misbehavior
Abandon
Ignore
Attack
Steel
Manipulate
Cheat
Lie

(These are requests to check out what another person's intent may be.)

Facts not in evidence (feelings & needs):

Words that imply intent and assume

Listen
Accept
Love
Listen
Be Responsible
Give
Value
Respect
Receive
Compromise
Comply
Obev

(Reevaluation, sleep, rest)

Vitality (exercise, nutrition)

Nourishment (vitamins, minerals, nutrition, water)

Energy (food, sleep, calories, oxygen)

(with some possible strategies listed in parentheses)

Physiological well-being:

Needs that contribute to our

Chocolate (chocolate is, in fact, a need)

House (protection, comfort, shelter)

Car (mobility, autonomy, convenience)

Work (purpose, meaning, sense)

Exercise (health, recreation, play, stimulation)

Food (energy, comfort, feel, nourishment)

Time together (connection, relationship,昏睡)

Conversation (expression, understanding, connection)

Touch (intimacy, affection, companionship)

Sex (intimacy, expression, play)

Money (economy, sustainability, support)

(with some possible needs listed in parentheses)

Actively strategies to meet needs (internal):

Objections and behaviors (external) that

and is being stated as a demand:

is a strategy to meet a need.

Any word that follows „I need you to...“
Disobey
Misbehave
Abandon
Ignore
Attack
Steal
Manipulate
Cheer
Lie

Revolution (sleep, rest)
Cultivate (express, nutrition)
Nourishment (vitamins, minerals, nutrition, water)
Energy (food, shredded clothes, oxygen)

(it is a request to check out what another person's intent may be)

Facets not in evidence (feelings & needs):

Words that imply intent and assume:

Listen
Accept
Love
Hear
Responsible
Give
Validate
Respect
Renew
Compassion
Comply
Obey

Chocolate (chocolate is in fact, a need)
House (protect, comfort, shelter)
Car (mobile shelter, convenience)
Work (purpose, meaningful sustenance)
Exercise (physical, recreation, play, stimulation)
Food (energy, comfort, re nourishment)
Time together (connection, fellowship, closeness)
Consolation (expression, understanding, consolation)
Touch (intimacy, expression, compassion)
Money (revenue, sustenance, support)

(with some possible needs listed in parentheses)

Actually strategies to meet needs (internal):

Objects and behaviors (external) that are often confused as needs, which are

Any word that follows "I need you to..." and is being stated as a demand: