

How to Practice Nonviolent Communication

Editor's Pick. Written through crowdsourcing.

Nonviolent Communication (NVC) includes a simple method for clear, empathic communication, consisting of four steps:

observations, feelings, needs, requests.

NVC aims to find a way for all present to get what really matters to them without the use of guilt, humiliation, shame, blame, coercion, or threats. It is useful for resolving conflicts, connecting with others, and living in a way that is conscious, present, and attuned to the genuine, living needs of yourself and others.

Read the full thing at [WikiHow.com](https://www.wikihow.com/Nonviolent-Communication) »