



The Three-Step or Four-Step Request

NVC Chapter 6 (Pt 1): Requesting That Which Would Enrich Life

What's our intention?

- The intention of this session is to practice making a clear request using classical NVC.
- We will also practice making a request using normal language (aka "street giraffe").
- We start **recognizing** where my request falls under the choice diagram.

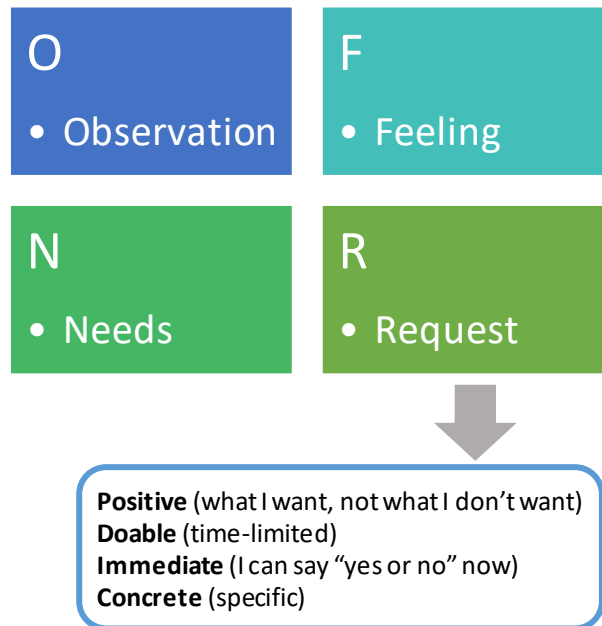
While you are waiting...



Think of a situation where you would like to make a request. Write down your thoughts.

Today's Agenda:

- 1. Check-in**
 - Check in with your partner in a breakout room.
 - What were your highlights from the chapter?
- 2. Draft a clear request**
 - Choose between the steps on p.2 or p.3.
 - Work with your partner to identify feelings and needs before drafting a clear request.
- 3. Role play delivering a clear request**
 - In the breakout room, practice delivering your request.
 - Your partner might push back or have reactions.
- 4. Check-out**
 - Debrief and today's harvest.





The Three-Step Request

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Empathy before making a request

1. Write the request from page 1. Say whatever is alive and easy for you without regard for the other person's needs/feelings (we call this our "Jackal Show").
2. **Make the request using "classical NVC."**
 - a. Name, when I (see, hear) that (write a clear **observation** without evaluation).
 - b. I feel (**feelings**) _____.
 - c. Because my **need(s)** for _____ (is/are) not being met.
 - d. Would you be willing to (**request**)* _____?
*Positive (what I want, not what I don't want), doable (time-limited), immediate (I can say "yes or no" now), and concrete
3. Pause, take a deep breath, and **connect to this need (or longing)**. Imagine what it would be like if the need was met and connect to that energy. Make a request from this space using your own word (aka "street giraffe").



Role play the conversation you would like to have with your practice partner.

You: Make a request. The intent is to meet as many needs as possible.

The Other Person: React as if you were really in the situation. Push back if necessary.





The Four-Step Request

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Empathy before making a request

1. **Write your request** here using any language you would like. Say whatever is alive and easy for you.
2. **Focus on feelings and needs** behind the request — your own and what you imagine the other person’s might be. Write them below:

<p>I’m feeling....</p> <p>Because I need...</p> 	<p>They might be feeling....</p> <p>Because they might need...</p> 
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3. **Make the request using the “classical NVC.”**
 - e. Name, when I (see, hear) that (write a clear **observation** without evaluation).
 - f. I feel (**feelings**) _____.
 - g. Because my **need(s)** for _____ (is/are) not being met.
 - h. Would you be willing to (**request**)* _____?
 *Positive (what I want, not what I don’t want), doable (time-limited), immediate (I can say ‘yes or no’ now), and concrete
4. Pause, take a deep breath, and **connect to this need (or longing)**. Imagine what it would be like if the need was met and connect to that energy. Make a request from this space using your own word (aka “street giraffe”).



Role play the conversation you would like to have with your practice partner.

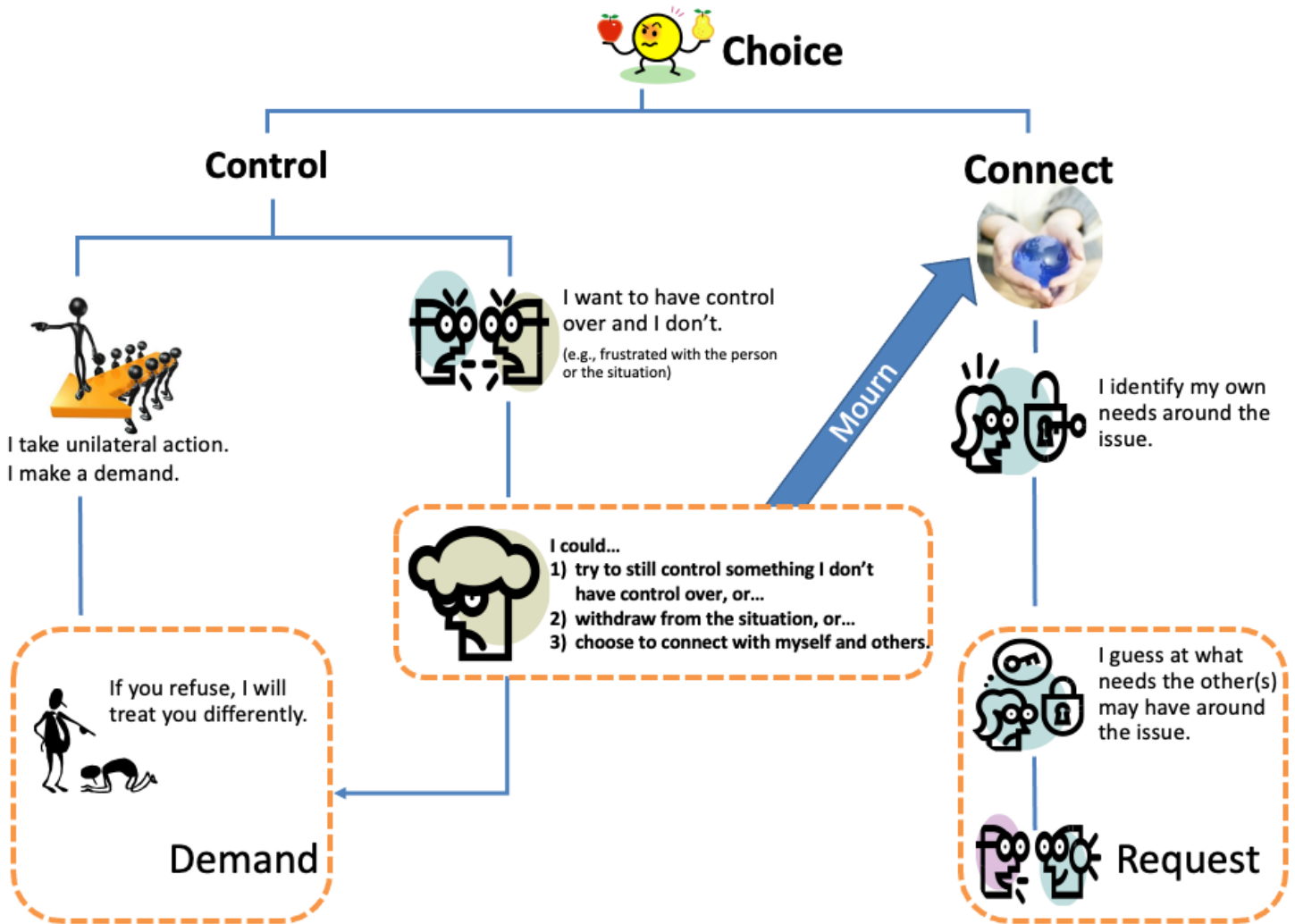
You: Make a request. The intent is to meet as many needs as possible.

The Other Person: React as if you were really in the situation. Push back if necessary.



Choice Diagram

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**Take a look at your situation.
Where do you fall on this diagram?**



Large Group Share:

- What is **one** insight, question, or highlight that is alive in you now?