



Request or Demand?

NVC Chapter 6 (Part 2): Requesting That Which Would Enrich Life

What's our intention?

- Differentiate strategies from longings.
- Recognize when you are making demands. Start to identify what that feels like.
- We start **making room** for the part of us that makes demands. There's something precious about a demand.

While you are waiting...



Think of an incident where you and another person clashed over an issue that was important to you. What do you think?

Today's Agenda:

1. Check-in

- Check in with your partner in breakout rooms. See page 2.

2. Is "NO" Okay?

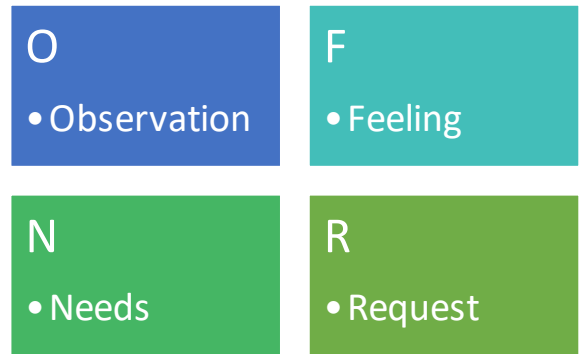
- React to the "NO" to your request as violently as you wish. Own your stories and thoughts.
- Your partner will scribe your thoughts on p.3.
- Identify feelings & needs for your and others (p.3).
- Identify one request out of 3 options (p.3).

3. Deliver your request

- Summarize your request making steps on p.4.
- Savor the needs in your situation with the "Beauty of the Needs" meditation.

4. Check-out

- Debrief & today's harvest.



The test of a request is that I treat the person the same way if I get NO or YES.

I'm willing to receive a NO.



Is “NO” Okay?

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Breakout Room Exercise:

1. Before you enter the breakout room, think of a situation. See below.
2. As a check-in activity with your partner, share your situation. What are your options?

Situation

Think of an incident where you and another person clashed over an issue that was important to you.
Write down your Jackal show below.

Why isn't the world the way I think it should be?

Big
Issues
(Growth)

I'm trying to make a request.

Is “NO” okay to my request?

No!

It's a deal-breaker if
you say a No.

Demand

Maybe...

But I really don't want
to hear a No. I won't
know what to do.

Demand energy

Yes!

I'm okay with receiving
a No.

Request



The 4-Step Request

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Breakout Room Exercise:

1. Use pages 3–4 to process your situation.
2. The listener listens with presence and scribes the thoughts for the speaker below.

Speaker's Thoughts

Sensations- What's going on in your body? What do you notice?

Your Feelings Do you notice any feelings?

Your Needs What needs do you hold dear?

Their Feelings Do you notice any of their feelings?

Their Needs What values do they hold dear?



Strategies: Brainstorm specific, doable strategies in the context of collaboration; both of you want to work this out together. What am I willing and able to do and conversely, what are they willing and able to do?



The 4-Step Request – cont'd

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1. Write your original request from page 2 (in “jackal” without regard for the other person’s needs/feelings).
2. Make the request using the “classical NVC.”
 - a. Consider the other person’s **needs** (p.3). And start forming your request using b-e below.
 - b. When I (see, hear) that (write a clear **observation** without evaluation),
 - c. I feel (**feelings**) _____.
 - d. Because my **need(s)** for _____ (is/are) not being met.
 - e. Would you be willing to (**request**)* _____? (Strategies from p.3)
 * **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”).



4. With your partner,

You: Deliver your 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.