



# 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 our 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

- A check-in with your partner in breakout rooms
- What were your highlights from the chapter?

#### 2. Draft a clear request

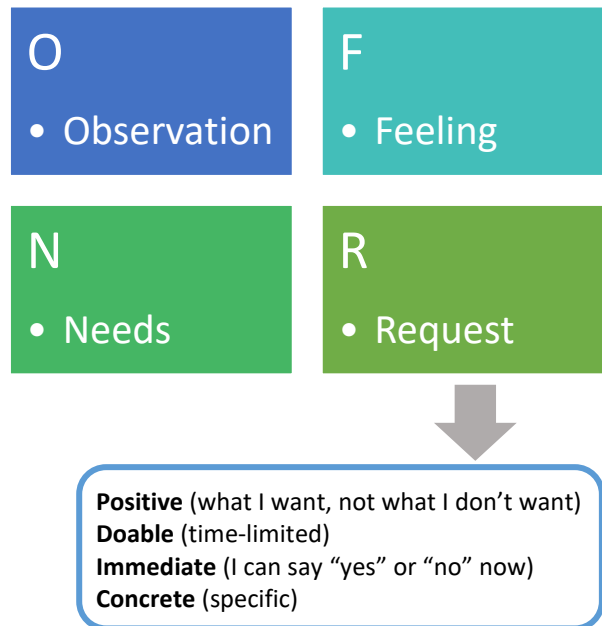
- Choose between the steps on p.2 or p.3.
- Work with your partners to identify feelings and needs before drafting a clear request.

#### 3. Role play delivering a clear request if time

- Practice delivering your request.
- Your partner might push back or have reactions.

#### 4. Check-out

- Debrief and today's harvest.





# The Three-Step Request

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

### 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**) \_\_\_\_\_?  
A request should be **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 were met and connect to that energy. Make a request from this space using your own words (aka "street giraffe").



**(If time) 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

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

### 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.”**
  - 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**) \_\_\_\_\_?  
A request should be **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 were 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.

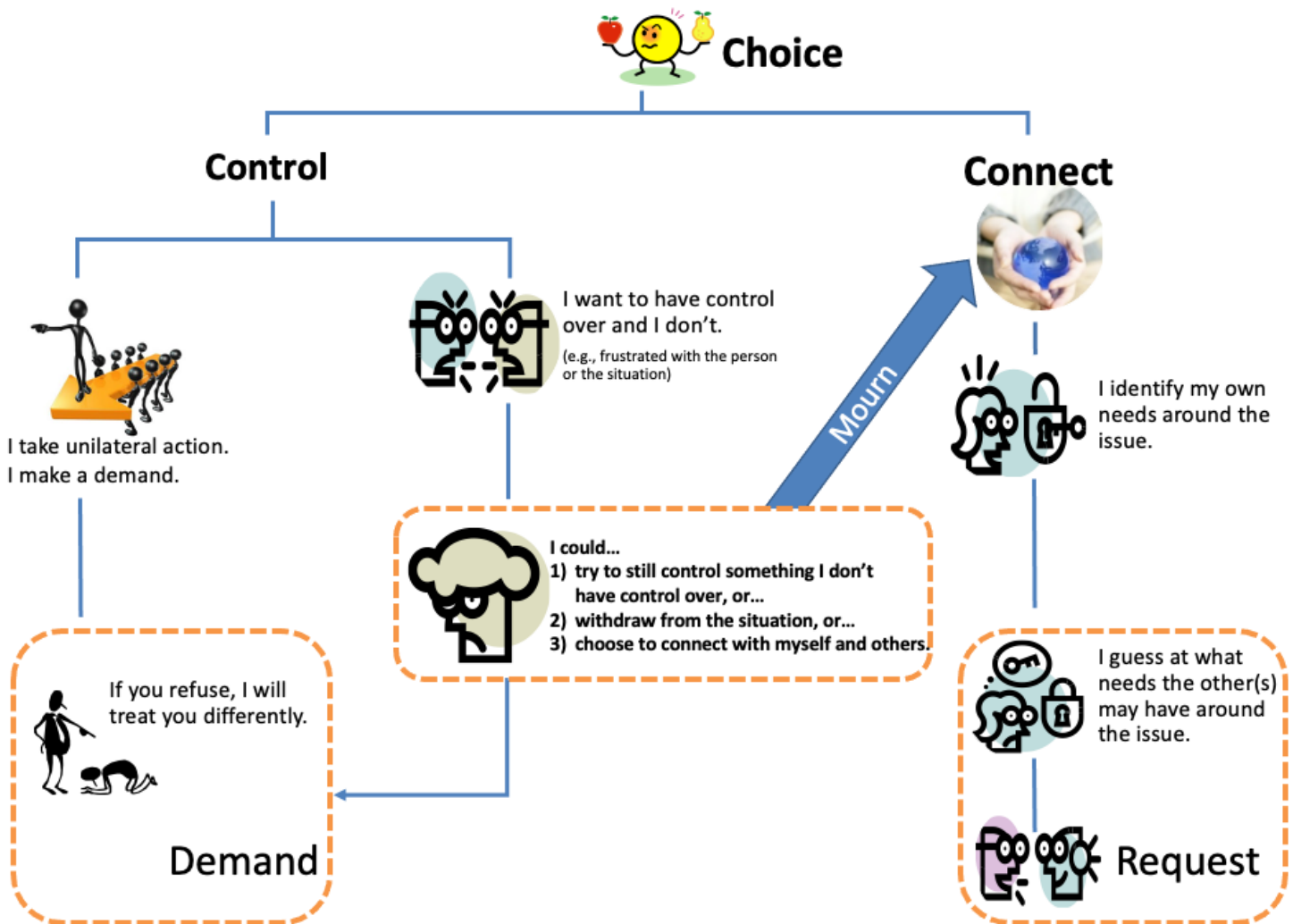
**You:** Make a request. The intent is to meet as many needs as possible.

**The other person:** React as if you were really in the situation. Push back if necessary.



# Choice Diagram

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



**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?