

# I Have a Choice

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

By the end of our 90-minute practice session, you'll be able to:

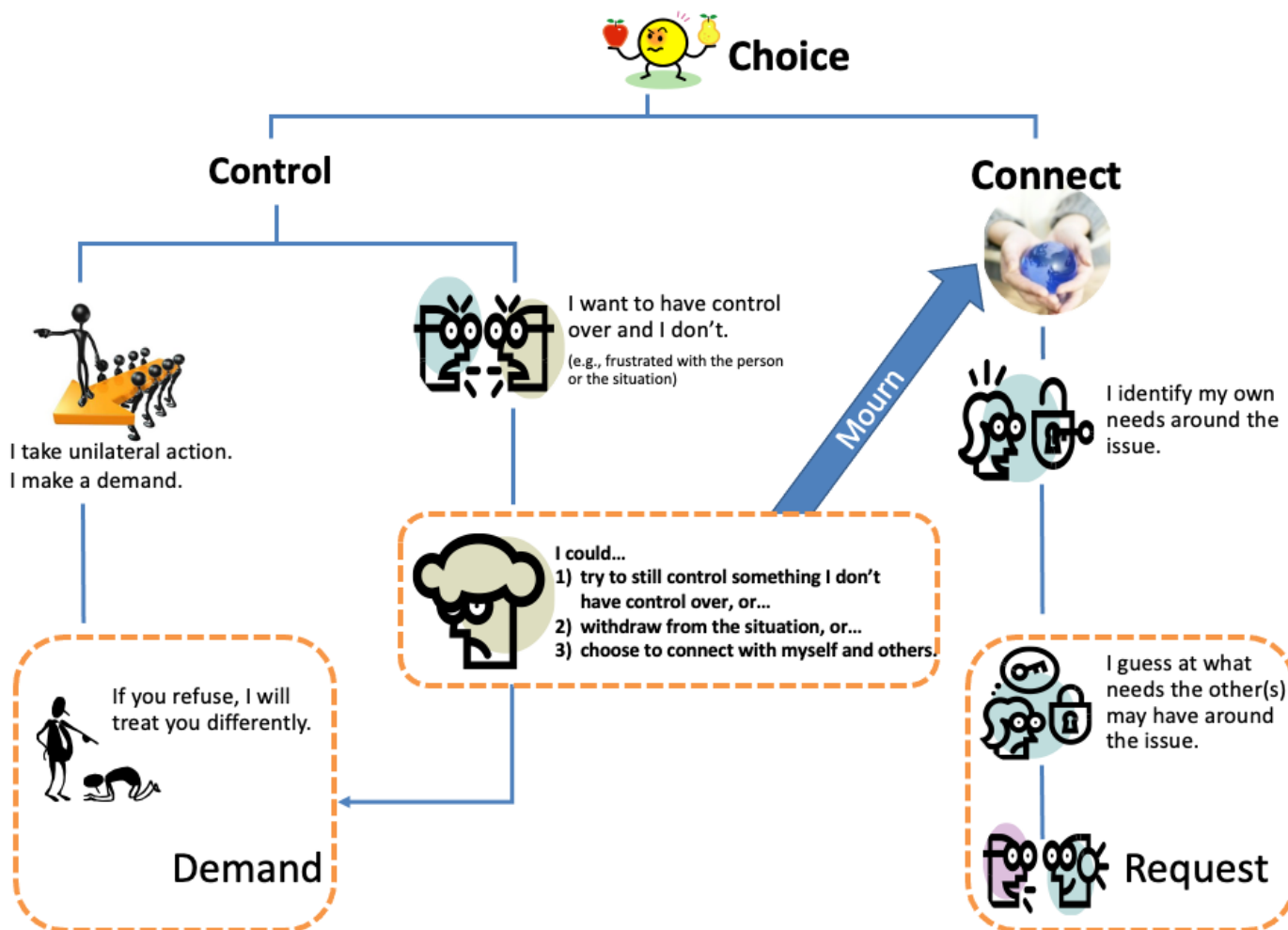
1. Tell the difference between asking for something (a request) and demanding it (a demand).
2. Use a step-by-step way to ask for what you want: say what happened, how you feel, what you need, and what you'd like the other person to do.

### Before Breakout #1: Think of a Real-Life Situation

1. Choose a situation that feels important or "alive" for you now where you would like to make a request.
2. Write a few notes about what happened.

### Breakout Room Activity #1:

1. **Introduce yourself:** Start by sharing your name with your partner.
2. **Review the diagram:** Look at the "choice diagram" below.
3. **Discuss:** With your partner, where do you find yourself in the diagram?





# Elements of NVC Request

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To recap, NVC has four steps.

- O: Observation
- F: Feeling
- N: Need
- R: Request

The NVC request has four elements.

1. Positive: What I want, not what I don't want
2. Doable: Time-limited
3. Immediate: I can say "yes" or "no" now
4. Concrete: Specific

### Habitual Request:

*Example: I want you to respect my privacy.*

### How to Make a Request Using Classical NVC

#### Step 1: Say What Happened (Observation)

Describe what you saw or heard, without opinions or judgments.

*Example: "When I see you standing in my room..."*

#### Step 2: Share How You Feel

Say how you feel about what happened.

*Example: "I feel surprised and upset..."*

#### Step 3: Name Your Need

Say what you need that isn't being met.

*Example: "...because my need for privacy is not being met."*

#### Step 4: Make Your Request

Ask clearly for what you would like the other person to do.

*Example: "Would you be willing to ask me before you enter my room?"*

#### Step 5: Pause and Connect

Take a breath, connect with your need, and if you want, say your request in your own words.

*Example: "I really appreciate my privacy. Would you please ask before you come into my room?"*

### How to Tell if It's Really a Request (Not a Demand)

- If the other person says "no," you treat them the same as if they said "yes."
- If you criticize, judge, or try to make them feel guilty, it's a demand—not a request.
- If you show empathy for their needs, it's a request.

*Example: "Would you be willing to go to a movie with me tomorrow night?"*

*(And inside, you're thinking: "I'd love to go with you, but if you say no, that's okay. I won't be upset or punish you. I can go with someone else, and our relationship is still good.")*

## Breakout room activity #2: Making a Request

### Breakout Room Roles:

1. **Player:** Explores and processes their own situation.
2. **Facilitator:** Guides the flow of the worksheet
3. **Empathy supporters:**
  - Silent witnessing: Sit with a quiet mind and an open heart, listening deeply with your whole being. Notice your own thoughts as they arise, and gently let them go, returning to presence.
  - Offering support: When invited, offer guesses about what feelings and needs might be present, using the provided sheet as a guide.



# The Three-Step Request

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## Breakout room activity #2 – cont'd

### 1. Write Your Request (Jackal Show)

Write down what you want to ask for. Don't worry about the other person's feelings or needs right now—just say what's alive and real for you. This is called your “jackal show.”

### 2. Make the Request Using “Classical NVC”

Use these four steps to shape your request:

**Observation:** When I (see, hear) (describe what happened, without judging or adding opinions) \_\_\_\_.

**Feeling:** I feel (name your feelings) \_\_\_\_\_.

**Need:** Because my need(s) for \_\_\_\_\_ (is/are) not being met.

**Request:** Would you be willing to (say what you'd like the other person to do)?

A request is 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 and Connect

Take a deep breath. Tune in to your need or longing. Imagine how it would feel if your need was met. Let that energy guide your words. Now, make your request in your own way—this is called “street giraffe.”

### Role-Play with a Partner

- **You:** Make your request, aiming to meet as many needs as possible.
- **Partner:** React as if you're really in the situation. Push back if it feels right to do so.



# The Four-Step Request

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## Breakout room activity #2 – cont'd

### 1. Write Your Request (Jackal Show)

Write down what you want to ask for. Don't worry about the other person's feelings or needs right now—just say what's alive and real for you. This is called your “jackal show.”

### 2. Focus on Feelings and Needs (Yours and Theirs)

Think about what's going on inside you and what might be happening for the other person.

I'm feeling....	They might be feeling....
Because I need...	Because they might need...

### 3. Make the Request Using “Classical NVC”

Use these four steps to shape your request:

**Observation:** When I (see, hear) (describe what happened, without judging or adding opinions) \_\_\_\_\_.

**Feeling:** I feel (name your feelings) \_\_\_\_\_.

**Need:** Because my need(s) for \_\_\_\_\_ (is/are) not being met.

**Request:** Would you be willing to (say what you'd like the other person to do)?

A request is 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 and Connect

Take a deep breath. Tune in to your need or longing. Imagine how it would feel if your need was met. Let that energy guide your words. Now, make your request in your own way—this is called “street giraffe.”

### Role-Play with a Partner

- **You:** Make your request, aiming to meet as many needs as possible.
- **Partner:** React as if you're really in the situation. Push back if it feels right to do so.