



Fear of Getting “No” for an Answer

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

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

1. Put together all four steps in classical NVC.
2. Try out making requests about real situations, using these steps, and see how it feels to ask for what you want even if someone says “no.”
3. Guess another person’s feelings and needs as well as our own.

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

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

1. Think of an incident where you and another person disagreed over an issue that is important to you.
2. Write a few notes about what happened.

Breakout Room Activity #1: Is “No” Okay?

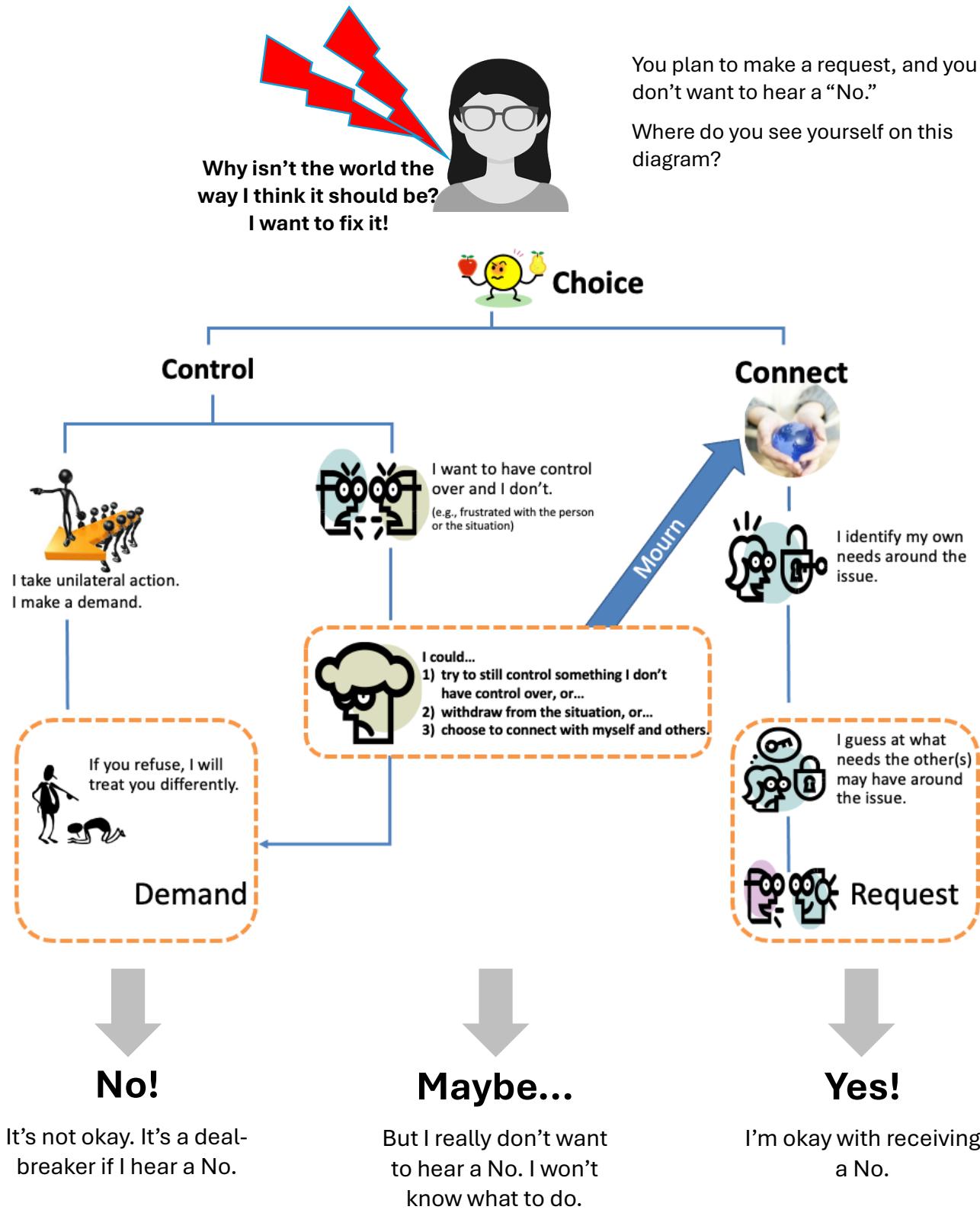
1. **Introduce yourself:** Start by sharing your name with your partner.
2. **Review the diagram:** Look at the “Choice Diagram” below.
3. **Discuss:** With your partner, where do you find yourself in the diagram?



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Breakout Room Activity #1: Is “No” Okay?





Empathy Before Making a Request

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Breakout room activity #2: Empathy before 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.

1. **Sort Thoughts, Feelings, and Needs:** Use this page to process your situation. The listener listens with presence and writes down the speaker's thoughts 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?



Empathy Before Making a Request

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2. Write Your Jackal Request: Focus on what feels important to you right now. Write down what you want to ask for, without worrying about the other person.

3. Create a “Classical NVC” Request:

Use these four steps:

1. **Observation:** When I (see, hear) (describe what happened, without judging or adding opinions) _____.
2. **Feeling:** I feel (name your feelings) _____.
3. **Need:** Because my need(s) for _____ (is/are) not being met.
4. **Request:** Would you be willing to (say what you'd like the other person to do)?
Make sure your request is positive (what you want, not what you don't want), doable (time-limited), immediate (you can say “yes” or “no” now), and concrete.

4. Pause and Connect

a) You can explore two things here (alternate as needed):

- **Mourning:** Notice what is missing for you right now. Even if your need is not met, you know what it is—your “buried treasure.”
- **Beauty of the Need:** Remember a time when this need was fully met. If you can't, just imagine what it would feel like if it were. What if the person you are asking did everything you hoped for, and more, with joy? Let yourself really feel that. Sink into it. Enjoy it.

b) Take a deep breath. Focus on what you really need or want. Picture how good it would feel if that need were met—let that good energy help you find the right words. When you're ready, ask for what you want in your own style (that's “street giraffe”).

c) With your partner:
You: Make your request, aiming to meet as many needs as possible.
Partner: React as if you are really in the situation. Push back if it feels right.