



Expressing and Receiving Gratitude

NVC Chapter 14: Expressing Appreciation in Nonviolent Communication

Breakout Room Activity #1:

Share a time gratitude felt awkward or hard — either expressing it or receiving it. What got in the way?

Breakout Room Activity #2:

Think of someone you'd like to thank. Use the steps below to build your expression of gratitude, then share it with your partner.

STEP 1 – WHAT I OBSERVED | What did this person do or say? Be specific.

“I noticed...”

STEP 2 – HOW I FEEL | Use the Feelings List if you need help finding the word.

“I feel...”

STEP 3 – THE NEED OF MINE THAT WAS MET | Use the Needs List if you need help.

“My need for ____ was met...”

STEP 4 – EXPRESS APPRECIATION | Put it together and express your gratitude.

“I noticed ____, I feel ____, my need for ____ was met. Thank you.”

STEP 5 – MAKE CONNECTION REQUEST (OPTIONAL) | After you share your gratitude, check how it landed.

“Would you be willing to _____ (select ONE)?”

- Tell me what you heard me say.
- Tell me how you feel when you hear me say that.
- Share what is going on for you when you hear me say this.

STEP 6 – PRACTICE EXPRESSING GRATITUDE WITH YOUR PARTNER

Now that you’ve done Steps 1–4, try using your own words to your partner. Then try Step 5 if you like.



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Inspired by the work of Marshall Rosenberg, PhD, developer of Nonviolent Communication, and Martin Seligman, PhD
Adapted by Certified Trainers the late Jim Manske and Jori Manske, Center for Nonviolent Communication (cnvc.org).

Create a Gratitude Journal

Build a gratitude journal practice by writing about the following:

1. What did someone do for you that made your life more wonderful? [Practice making observations]
Can't think of a person? Think of something instead.
2. What need was satisfied when this happened? [Practice recognizing needs]
3. When you think about this, how do you feel right now? [Practice recognizing feelings]
4. Savor the feeling (No writing – just pause and feel it).
5. What did you do that helped make this gift possible? [Practice recognizing interdependence]

Let us know what happens after doing this practice once a day for 30 days.

Do what works for you. As Marshall reminded us, "Don't do anything that isn't play!"

Session objectives: By the time you exit the room after 90 minutes, you will have...

1. Expressed appreciation using observation, feeling, and met need.
2. Checked how your gratitude landed by making a connection request.

Lofty goals: A year from now, what audacious and inspiring thing will you be able to do?

1. Express gratitude in a way that celebrates rather than evaluates.
2. Receive gratitude without deflecting.