

NONVIOLENT COMMUNICATION*

Your Practice Worksheet

Practice 1:		
When you do	•	
I feel		
I have a need for		
Would you be willing to	;	
Practice 2:		
When you do	•	
I feel		
I have a need for		
Would you be willing to		
Practice 3:		
When you do	•	
I feel		
I have a need for		
Would you be willing to	;	
Notes:		

*Nonviolent Communication by Marshall Rosenberg



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HAVE QUESTIONS? NEED HELP? WANT SUPPORT?







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