

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