

# Breathe FOR Change

## Nonviolent Communication Reflection

[Resource: Nonviolent Communication Packet](#)

**Step 1 – Observations:** Identify a challenging situation that you'd like to work through with a person you care about. State the facts of what happened in 1 sentence without judgment or generalizations.

**Step 2 – Feelings:** Identify and name your emotions. Look at the Feelings Inventory and choose 3 words to describe how you are feeling.

I feel / I felt:

**Step 3 – Needs:** Identify and state your needs and values. Look at the Needs Inventory and find 3 words to describe what you need right now.

Because of my need for / Because I value:

**Step 4 – Requests:** Make a request – a realistic, doable, appeal!

So would you be willing to... :