

ELEMENTS OF *NONVIOLENT* *COMMUNICATION:*

	<u>Core Assumptions</u>	<u>Core Intentions</u>
Classic NVC	All actions are attempts to meet needs.	To separate observations from judgements & interpretations.
	All needs are universal.	To value everyone's needs.
	All feelings point to needs being met or unmet.	To practice self-empathy and empathy for others by connecting with feelings & needs.
	Conflict occurs over strategies to meet needs, rather than the needs themselves.	When there is a desire to connect: to commit to honest self-expression curiosity for feelings & needs.
PNVC	Intersectional dynamics of power are always present in communication.	To strive to be power-conscious in communication.

