

Hearing "NO" in NVC

KEYS:

- a. "NO" is always an invitation to further dialogue.
- b. We can continue to dialogue by connecting with what needs are being met by saying "No." Another way to think about this is: What needs is this person saying "Yes" to when they say "No" to my request? This is the key to my capacity to stay in dialigue. Example: If someone says "No" to my request to talk about something, they might be saying "Yes" to meeting their need for autonomy, space, respect, play, etc. Connecting with these needs and empathizing with them can open the door to further dialogue.

1. Think of someone whose "No" you are having a hard time hearing. Who is this person? Write down the situation.

2. What are *your* feelings and needs when you hear or think about their "No"? (Provide yourself with Self-empathy)

3. Think of the person who is saying "No." What may be their feelings and needs? Or, what are they saying "Yes" to? Which of their needs are they trying to meet?

You: I am feeling _____ because I need _____

Other person's feelings and needs: _____

You (exploring and/or giving empathy): Are you feeling _____
because you need _____?

Other person's response: _____

You (expression): I feel _____ because I need _____

Would you be willing to _____?

Other person's response: _____

You (choose expression or empathy): _____

Continue for 2 - 3 more rounds in the same manner