

Saying "NO" in NVC

KEYS:

- a. "NO" can be expressed in NVC in three steps:
 1. Connect with the need of the *other* person that is expressed in their request;
 2. Connect with *your* need that is preventing you from saying "YES" to the request;
 3. Come up with a request that's designed to help meet *both* your needs *and* the needs of the other person.
 - b. We can reach a mutual "YES" through a commitment to meeting *everyone's* needs — not just ours, not just others'. When others in our life trust this commitment, they will be more open to considering our needs.
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1. Think of someone to whom you have a hard time saying "No." It can be a friend, your child, your boss, or anyone else. Who is this person, and what are they requesting of you?

2. What needs of theirs are being expressed in the request? (Empathy)

3. What are you saying "Yes" to by saying "No" in this particular situation? (Self-empathy. What needs are you trying to meet? What's preventing you from saying "Yes" to their request?)

4. What would you like to request at this point that might contribute to both people's needs being met?

5. What might you like to tell this person using NVC? Consider your observations, feelings, needs and requests and use the following format for the dialogue.

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

Would you be willing to _____?

Other person: _____

You (empathy): Are you feeling _____ because you need _____?

Other person: _____

You (empathy): Are you feeling _____ because you need _____?

Other person: _____

You (choose expression or empathy): _____