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# Nonviolent Communication Summary PDF Cheatsheet —

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- ?? 1. Importance of Nonviolent Communication: Learn NVC to avoid speaking in ways that are ineffective and hurtful
- ? 2. Don't Judge Others: Judgment blocks mutual understanding, making it an ineffective communication strategy
- ? 3. Don't Blame Others: Taking responsibility for your own feelings and actions is important for good communication
- ?? 4. First, Observe: NVC begins with making objective observations, while avoiding subjective evaluations
- ?? 5. Second, Reveal Feelings: The next step is to express your genuine emotions instead of your opinions
- ? 6. Third, Communicate Needs: Share your needs with the other person clearly instead of criticizing them
- ? 7. Fourth, Make a Request: Ask for what you need respectfully, without making demands
- ? 8. Give Empathy, Not Advice: Offer understanding and empathy before providing advice or reassurance
- ?? 9. Diffuse Anger: Calm anger by recognizing and reflecting messages that are charged with emotion
- ? 10. To Handle Criticism: Hear and understand the unmet needs beneath criticism before taking it personally
- ? 11. Guide, Don't Punish Kids: Educate children with positive reinforcement, rather than with short-term fear-based tactics

**This is just a sample!**

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