

SWITCHING ON NVC CAN HAPPEN ANY TIME...

EXERCISE 1:

Alex and Chris are a couple. It's 6pm and a conversation starts like this:

Line A. Chris: "Hey, can you go get my sister from the airport, instead of me going? She's landing at 8:30pm, so you'd need to leave at 8:00pm."

Line B. Alex: "Why should I be the one who picks up your sister from the airport? I didn't invite her, she doesn't even like me, I don't want to be around her without you there... All she does is ask me personal questions I don't want to answer like 'When are you going to make more time for Chris?' and 'Do you think you're a workaholic?' and..."

Put yourself in Alex's shoes.

- First, do some self-connection as Alex – what are your observations, feelings, needs, requests
 - Second – come up with a different version of Line B, making use of NVC.
- Remember:
- IQ from the heart (including, but not limited to "I hear you saying..... , am I hearing you correctly?")
 - OFNR
 - Ownership language
 - IIQ from the heart
 - Hear your practice partner's NVC version too
 - Discuss what comes up for you in each case if you imagine yourself being on the receiving end of these NVC expressions

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EXERCISE 2:

Alex and Chris are a couple. It's 6pm and a conversation starts like this:

Line A. Chris: "Hey, can you go get my sister from the airport, instead of me going? She's landing at 8:30pm, so you'd need to leave at 8:00pm."

Line B. Alex: "Why should I be the one who picks up your sister from the airport? I didn't invite her, she doesn't even like me, I don't want to be around her without you there... All she does is ask me personal questions I don't want to answer like 'When are you going to make more time for Chris?' and 'Do you think you're a workaholic?' and..."

Line C. Chris (interrupts): "You're totally exaggerating. I've always been there when she's been around you and that's not how she talks..."

Put yourself in Chris's shoes, and try to give a different response making use of NVC.

- First, do some self-connection as Chris – what are your observations, feelings, needs, requests
- Second – come up with a different version of Line C, making use of NVC.
- Remember:
 - IQ from the heart (including, but not limited to “I hear you saying..... , am I hearing you correctly?”)
 - OFNR
 - Ownership language
 - IIQ from the heart
- Hear your practice partner’s NVC version too
- Discuss what comes up for you in each case if you imagine yourself being on the receiving end of these NVC expressions

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EXERCISE 3:

The actual conversation proceeded like this:

Line A. Chris: “Hey, can you go get my sister from the airport, instead of me going? She’s landing at 8:30pm, so you’d need to leave at 8:00pm.”

Line B. Alex: “Why should I be the one who picks up your sister from the airport? I didn’t invite her, she doesn’t even like me, I don’t want to be around her without you there... All she does is ask me personal questions I don’t want to answer like ‘When are you going to make more time for Chris?’ and ‘Do you think you’re a workaholic?’ and...”

Line C. Chris (interrupts): “You’re totally exaggerating. I’ve always been there when she’s been around you and that’s not how she talks...”

Line D. Alex (interrupts): “You’ve not always been there...”

Put yourself in Alex’s shoes, and try to give a different response, an alternative to Line D, making use of NVC. Repeat the steps you used in the previous exercises.

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EXERCISE 4:

The actual conversation proceeded like this:

Line A. Chris: “Hey, can you go get my sister from the airport, instead of me going? She’s landing at 8:30pm, so you’d need to leave at 8:00pm.”

Line B. Alex: “Why should I be the one who picks up your sister from the airport? I didn’t invite her, she doesn’t even like me, I don’t want to be around her without you there... All she does is ask me personal questions I don’t want to answer like ‘When are you going to make more time for Chris?’ and ‘Do you think you’re a workaholic?’ and...”

Line C. Chris (interrupts): “You’re totally exaggerating. I’ve always been there when she’s been around you and that’s not how she talks...”

Line D. Alex (interrupts): “You’ve not always been there...”

Line E. Chris (interrupts): “Yes I have. When have you ever had a one-on-one conversation with her?”

Put yourself in Chris’s shoes, and try to give a different response, an alternative to Line E, making use of NVC.

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EXERCISE 5:

The actual conversation proceeded like this:

Line A. Chris: “Hey, can you go get my sister from the airport, instead of me going? She’s landing at 8:30pm, so you’d need to leave at 8:00pm.”

Line B. Alex: “Why should I be the one who picks up your sister from the airport? I didn’t invite her, she doesn’t even like me, I don’t want to be around her without you there... All she does is ask me personal questions I don’t want to answer like ‘When are you going to make more time for Chris?’ and ‘Do you think you’re a workaholic?’ and...”

Line C. Chris (interrupts): “You’re totally exaggerating. I’ve always been there when she’s been around you and that’s not how she talks...”

Line D. Alex (interrupts): “You’ve not always been there...”

Line E. Chris (interrupts): “Yes I have. When have you ever had a one-on-one conversation with her?”

Line F. Alex: “The second you leave the room to go to the bathroom, or step out of the car to grab something from the corner store. She just jumps right in with the interrogation. I’ve told you about this every time it’s happened.”

Put yourself in Alex’s shoes, and try to give a different response, an alternative to Line F, making use of NVC. Repeat the steps you used in the previous exercises.

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EXERCISE 6:

The actual conversation proceeded like this:

Line A. Chris: “Hey, can you go get my sister from the airport, instead of me going? She’s landing at 8:30pm, so you’d need to leave at 8:00pm.”

Line B. Alex: “Why should I be the one who picks up your sister from the airport? I didn’t invite her, she doesn’t even like me, I don’t want to be around her without you there... All she does is ask me personal questions I don’t want to answer like ‘When are you going to make more time for Chris?’ and ‘Do you think you’re a workaholic?’ and...”

Line C. Chris (interrupts): “You’re totally exaggerating. I’ve always been there when she’s been around you and that’s not how she talks...”

Line D. Alex (interrupts): “You’ve not always been there...”

Line E. Chris (interrupts): “Yes I have. When have you ever had a one-on-one conversation with her?”

Line F. Alex: “The second you leave the room to go to the bathroom, or step out of the car to grab something from the corner store. She just jumps right in with the interrogation. I’ve told you about this every time it’s happened.”

Line G. Chris: “OK – twice then. You’ve told me about those two occasions, and we must have hung out with her twenty times. So you’re exaggerating. Anyway, it’s night time and I can’t find my glasses so I can’t drive on my own, and someone has to move things around in the living room so that she can sleep as soon as she gets here.”

Put yourself in Chris’s shoes, and try to give a different response, an alternative to Line G, making use of NVC. Repeat the steps you used in the previous exercises.

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EXERCISE 7:

The whole of the conversation proceeded like this:

Line A. Chris: “Hey, can you go get my sister from the airport, instead of me going? She’s landing at 8:30pm, so you’d need to leave at 8:00pm.”

Line B. Alex: “Why should I be the one who picks up your sister from the airport? I didn’t invite her, she doesn’t even like me, I don’t want to be around her without you there... All she does is ask me personal questions I don’t want to answer like ‘When are you going to make more time for Chris?’ and ‘Do you think you’re a workaholic?’ and...”

Line C. Chris (interrupts): “You’re totally exaggerating. I’ve always been there when she’s been around you and that’s not how she talks...”

Line D. Alex (interrupts): “You’ve not always been there...”

Line E. Chris (interrupts): “Yes I have. When have you ever had a one-on-one conversation with her?”

Line F. Alex: “The second you leave the room to go to the bathroom, or step out of the car to grab something from the corner store. She just jumps right in with the interrogation. I’ve told you about this every time it’s happened.”

Line G. Chris: “OK – twice then. You’ve told me about those two occasions, and we must have hung out with her twenty times. So, you’re exaggerating. Anyway, it’s night time and I can’t find my glasses so I can’t drive on my own, and someone has to tidy up the house so it’s nice for her when she gets here.”

Line H. Alex: “So text her and tell her to get a cab or something and I’ll help you with the living room.”

Line I. Chris: “No! I told her we’d pick her up.”

Line J. Alex: “Well **we** are not picking her up...it would be just me, so you’ve already broken that promise...”

Line K. Chris: “Alex, just grow up. Sometimes you have to deal with your partner’s family members. She’s not so bad. Just tell her you’d rather not answer her questions and change the subject.

Line L. Alex: “Yeah, right, like that will work!”

Continue coming up with alternatives to lines H, I, J, K and L, in each case the line you’re working on is the first time either Alex or Chris have tried to consciously use NVC. Repeat the steps you used in the previous exercises.

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EXERCISE 8:

- List out what Alex’s needs are in this situation, and what Chris’s needs are, based on the full version of the conversation
- List the feelings they have associated with these needs – each need can be associated with at least one feeling, and vice-versa.
- Role play the conversation, with Alex and Chris both using NVC, from the beginning.