## The NVC Tree of Life

Three Focus Options for Connection

Self-Expression Non-Verbal Connecting with Communicating what's what's alive in you: alive in me: When I see/hear... (When you see/hear...) I feel... Are you feeling... because I need.... because you need ...? Would you be willing to ...? (Would you like ...?) Self-Empathy (Self-Connection) Opening my heart to... what's alive in me: ... what's alive in you: (Judgments?) (Judgments?) How am I feeling? Could s/he be feeling...? What am I needing? Could s/he be needing ...? Which option do I want to choose next?

Empathy? Self-Expression?

New Strategies Arise from Connection, Sometimes Without Words

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