The NVC Tree of Life

Three Focus Options for Connection

Kerba Emportu Connecting with what's alive in

Non-Verbal

you:

Are you feeling ... because you need.? (Would you like ...?)

Self-Connection

Connecting with what's alive in *me*:

How am I feeling? What am I needing? Which option do I want to focus my attention on next?

Communicating what's alive in

me:

self-Expression

When I see/hear... I feel. because I need... Would you be willing to...?

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