

## Nonviolent Communication Trigger Translation Journal (ttj)

Trigger (judgments):

Observation (what actually, factually happened):

My Feelings:

My Needs:

My Request (that might address my Needs):

His or her possible Feelings:

His or her possible Needs:

Amended Request (what can you ask for or offer that will care for both my Needs **and** his or her Needs):

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*Below are abbreviations for the words above the line to make your journals easier to write out. Please include these abbreviations for ease both for me and for you.*

Trig.

Obs.

m.F.

m.N.

m.R.

h./h. possible F.

h./h. possible N.

Amended R.