

4 STEPS OF NONVIOLENT COMMUNICATION

4 STEPS



OBSERVATION



THOUGHT - INTERPRETATION
JUDGEMENT - ANGER



FEELING



NEED

VALUE - INTEREST - CONCERN



REQUEST

QUESTION
GO FOR CONNECTION

GO FOR ACTION

WWW.AGILE-LIVING.COM



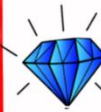
4 STEPS



EVALUATION



THOUGHT



STRATEGY



DEMAND



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