



# Nonviolent Communication Methods

## Quick Guide for Mediation

Harmony Path Mediation  
[www.Mediation4Colorado.com](http://www.Mediation4Colorado.com)

This quick guide is a simple tool to help you communicate clearly and respectfully during mediation or difficult conversations.

### The Four Steps of Nonviolent Communication

#### **1. Observation**

What happened, using only facts. Avoid blame or judgment. *Example:* "When the meeting started late..."

#### **2. Feeling**

How you feel about what happened. *Example:* "I feel frustrated and worried."

#### **3. Need**

What matters to you or what you need. *Example:* "Because I need clarity and reliability."

#### **4. Request**

A clear, respectful request for the future. *Example:* "Would you be willing to agree on a start time?"

#### Common Feelings (Examples)

- Frustrated
- Worried
- Sad
- Relieved
- Hopeful
- Angry
- Calm
- Overwhelmed

#### Common Human Needs (Examples)

- Safety
- Respect
- Understanding
- Stability
- Connection
- Fairness
- Support
- Autonomy

#### Tips for Using NVC in Mediation

- Speak slowly and take pauses.
- Focus on one issue at a time.
- Listen to understand, not to respond.
- Remember that all people have needs.
- Requests are invitations, not demands.

This guide is for educational purposes and supports respectful, accessible communication during mediation.