



Nonviolent Communication Methods Quick Guide for Mediation

Harmony Path Mediation

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.