



# Structured NVC Basics Practice

**Groups of 4**

**45 minutes total**

- Please nominate a timekeeper and help one another adhere to the structure.
- There is no feedback-giving or discussion along the way during the exercise.
- You will have time at the end to debrief, process, and harvest learnings.

## **Practice Rounds (30 minutes)**

### Stage One (3 minutes)

Person 1: Tell a story about something that is alive for you.

Person 2: Listen for facts/details; "what happened?" in neutral terms.

Person 3: Listen for feelings.

Person 4: Listen for needs and values, met and unmet.

### Stage Two (3 minutes, divided into three 1-minute reflections)

After Stage One, each person takes 1 minute:

Person 1: Just listen.

Person 2: Reflect back/guess at the neutral events.

Person 3: Reflect back/guess at feelings and sensations.

Person 4: Reflect back/guess at needs/values.

Switch roles and continue in rounds until each person has had time in each role.

4 rounds x 6 minutes each = 24 minutes total (plus an additional 6 minutes to set up, transition, etc.)

## **Debrief (15 minutes)**

Once everyone has had a chance to be in each role, use the remaining time to share what it was like for you and what you learned about yourself and your own practice during the exercise.