

Nonviolent Communication (NVC) Roleplay Exercise

Instructions: For each scenario, fill in the four components of Nonviolent Communication: Observation, Feeling, Need, and Request. Think about how you would express yourself in a real-life conversation.

- ◆ **1. Observation** -Describe what happened without judgment or evaluation.
- ◆ **2. Feeling**- State how you feel about what you observed.
- ◆ **3. Need**- Identify the universal need behind your feelings.
- ◆ **4. Request**- Make a clear, doable request (not a demand).

Teamwork – Missed Deadlines

Situation: A teammate has missed two deadlines, delaying the project.

Default: “You’re always so careless. We can’t rely on you!”

Observation: _____

Feeling: _____

Need: _____

Request: _____

Roommate Conflict – Unclean Space

Situation: Your roommate often leaves dishes in the sink overnight.

Default: “You’re so lazy! Why can’t you clean up after yourself?”

Observation: _____

Feeling: _____

Need: _____

Request: _____

Authority – Colleague Doesn’t Respond to Mails

Situation: Your colleague hasn’t replied to two of your important emails.

Default: “Do you even care about my work?”

Observation: _____

Feeling: _____

Need: _____

Request: _____

Friendships – Ignored in Group Decisions

Situation: Your friends planned a trip and didn’t include you.

Default: “Wow, thanks for forgetting me – again!”

Observation: _____

Feeling: _____

Need: _____

Request: _____

Peer Feedback – Constant Interruptions

Situation: A classmate always cuts you off during group discussions.

Default: “Can you just shut up for once and let me finish?”

Observation: _____

Feeling: _____

Need: _____

Request: _____

Romance – Cancelled Plans

Situation: Your partner frequently cancels last-minute.

Default: “Clearly I’m not a priority for you!”

Observation: _____

Feeling: _____

Need: _____

Request: _____

Workplace – Credit Stolen

Situation: A colleague presents your idea as theirs in a meeting.

Default: “You stole my idea! That’s unethical.”

Observation: _____

Feeling: _____

Need: _____

Request: _____

Family – Dismissed Opinions

Situation: A parent dismisses your career choices repeatedly.

Default: “You never take me seriously!”

Observation: _____

Feeling: _____

Need: _____

Request: _____