

Nonviolent Communication (Life-Threatening)

Introduction

Communication is one of the most interpersonal skills humans have, whether it is verbal or non-verbal. This is an especially important skill when it comes to collaboration in groups. Something as essential as giving each other feedback is based on having good communication. If the communication within the group is bad, misinterpretations is likely to happen. The fundament to any interhuman relationship working is communication. In this assignment I will first go over what nonviolent communication is and then go over an example of a dialog between a dad and a son and analyze the dialog on the basis of the concept of nonviolent communication.

What is nonviolent communication?

Nonviolent communication (NVC) is a theory developed by the American psychologist Marshall Rosenberg in the 1960s (*Nonviolent-communication, n.d*). The theory of NVC is based upon the assumption that everyone has basic needs, which ranges from something as fundamental as air or water, to creativity and closeness. Furthermore, NVC tries to make meaningful and positive connection through fulfilling each other's needs.

A summary of the dialog

The dialog in this text is between a dad and his presumably teenage son, Bill. Bill and some of his friends has stolen one of their dad's car for a joy ride. Luckily, nobody got hurt. However, Bill's dad got word from one of Bill friends about what happened. The dialogue starts when Bill's dad confronts his son about what happened.

Communication barriers

The first and most obvious barrier you encounter is the situation. Anytime the situation is based around confrontation, the communication is skewed. In this case, where the dad is confronting his son, his main goal is to make sure Bill does not steal a car again. In that way he's trying to find a way to build trust again.

Answer questions

1. In what way does the Father communicate well? (According to the concepts of non-violent communication)

The dad is in a lot of ways the one that drives the conversation. He is the one who initiates the conversation. The father starts out the conversation with a loud and aggressive tone, however he quickly remembers that he needs to use his own feelings and needs to stay in connection with his son. After that he calms down, and even when he wants to get angry, he stays calm to maintain the connection with his son. By doing this Bill will be more willing to admit to his dad when he does something stupid in the future.

2. In what way does the Father or Bill communicate poorly? (According to the concepts of non-violent communication)

In the start of the conversation, he starts out by yelling at Bill. This makes the conversation quite “violent” as there is one aggressive part and one defensive part. The conflict between the two would be easier to work out if the dad would start the conversation with a calmer approach.

Bill on the other hand is on the defensive. He has short answers and the dad does most of the work with getting him to apologies for his mistake.

3. Choose three statements from the dialogue and rephrase them using non-violent communication

The first line in the text where the dad says, “So I hear you, Eva and Dave took Jorge’s car without asking.” Could be rephrased to a simple “do you have anything you want to tell me. I won’t get angry”.

Also, when Bill lied and told his dad “no”. He could have been honest and said “yes” instead.

The third and final statement I would have rephrased is when Bill says “Oh, sure, like I’m really gonna get fair treatment and understanding from you!” sarcastically. Instead he should have answered “yes” if he really wants fairer treatment.

References

Nonviolent-communication. (n.d). In *Wikipedia*. Retrieved 16. September, 2020