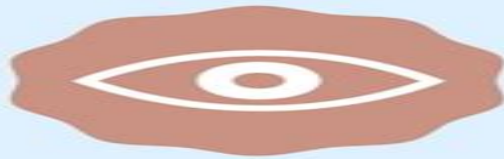


# LES 4 ÉTAPES DE LA COMMUNICATION NON VIOLENTE

SELON MARSHALL B. ROSENBERG



## 1- OBSERVER LE COMPORTEMENT CONCRET QUI AFFECTE NOTRE BIEN-ÊTRE

Cette étape consiste à séparer observation et évaluation : il s'agit de faire un constat sans adjoindre de jugement subjectif.

Toute violence est le fruit d'une façon de penser qui attribue la cause du conflit aux torts de l'adversaire et à l'incapacité de reconnaître sa propre vulnérabilité.

STOP : jugements moralisants, comparaisons, négation de sa responsabilité, exigences, menaces, étiquetage...

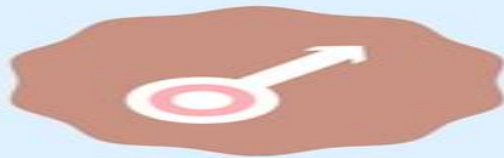


## 2- RÉAGIR À CE COMPORTEMENT PAR UN SENTIMENT

Cette étape consiste à exprimer ce que l'on ressent, sans en attribuer la responsabilité à l'autre. Il s'agit d'apprendre à exprimer sa vulnérabilité.

STOP aux adjectifs qui mettent en cause les autres : je me sens ignoré, incompris, insignifiant, manipulé, trahi, rejeté...

OUI aux émotions qui traduisent nos besoins satisfaits ou insatisfaits : abattu, déçu, en colère, désolé, confus, bouleversé, content, réjoui, rassuré, touché, confiant, curieux...



## 3- CERNER LES DÉSIRS, BESOINS ET/OU VALEUR À L'ORIGINE DE CE SENTIMENT

Cette étape consiste à identifier l'origine de nos sentiments. Il s'agit de mettre en évidence nos propres besoins inassouvis, et de faire la différence entre cause et facteur déclenchant.

ATTENTION : les jugements que nous portons sur les autres masquent nos propres besoins inassouvis.

Besoins (A. Maslow) : physiologiques, de sécurité, d'appartenance, d'estime, d'accomplissement.



## 4- DEMANDER À L'AUTRE DES ACTIONS POSITIVES CONCRÈTES QUI CONTRIBUERONT À NOTRE BIEN-ÊTRE

La quatrième étape consiste à demander explicitement aux autres ce que nous souhaiterions pour que notre vie soit plus conforme à nos vœux. Il s'agit de s'exprimer en langage d'action positif.

Attention : le message risque d'être perçu comme une exigence si le destinataire craint de faire l'objet de critiques ou de représailles s'il n'y donne pas suite.

- 1- OBSERVATION
- 2- EXPRESSION DES SENTIMENTS
- 3- EXPRESSION DES BESOINS
- 4- FORMULATION D'UNE DEMANDE

Si notre seule intention est de changer les autres et leurs comportements pour qu'ils se plient à nos quatre volontés, ce n'est pas la CNV qui nous permettra de parvenir à nos fins.

La CNV est un processus de communication dont la seule intention est de donner et recevoir avec bienveillance, afin d'établir des relations authentiques et sereines avec les autres.

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**R Bogdan**



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