

## *USING NATURAL LANGUAGE*

As trainers, over the years, we have noticed people expressing “giraffe” language in a formal and repetitive way. When beginning to practice NVC, there is value in learning to identify a need by a single word or a couple of words. This is very much like starting to learn to play a complex instrument; as the start scales are necessary as a learning step; but no one wants to listen to scales indefinitely.

Once we have connected with the life energy encapsulated in any given need or value, it is preferable to express this in natural language. The constant repetition of the words “because I need ...” is likely to be interpreted as mechanical and may in fact, become an obstacle to connection.

When expressing feelings, it is not always necessary to use the word “feel” each time.

Examples: I’m excited  
              I get excited  
              I have excitement

Here are a few suggestions for ways a need or deeply held value might be expressed:

- I would have liked ...
- I would like ...
- I love ...
- I prefer ...
- I thrive on ...
- I really enjoy ...
- I really liked ...
- I would be nourished by ...
- It’s important for me ...
- I value ...
- I want to live in a world where ...
- ... because I would like \_\_\_\_\_ to match my own inner vision (dream, value) of ...
- \_\_\_\_\_ is fun for me
- \_\_\_\_\_ matters to me
- \_\_\_\_\_ helps me feel well/good/whole/happy