

3 Step method of Effective Family Communication



Give the person an idea of your pain level by using the system that you developed.



Tell them specifically what you are going to do about the pain.



Tell them what you need from them.

Develop your plan

Using the 3-Step Method



RATING	Your Plan	What They Can Expect

Nonviolent Communication Needs Inventory:

CONNECTION

acceptance safety
affection security
appreciation stability
belonging support
cooperation to know and be
communication known
closeness to see and be seen
community to understand and
companionship be understood
compassion trust
consideration warmth
consistency intimacy
empathy love
inclusion mutuality
respect/self-
respect nurturing

PHYSICAL WELL-BEING

air
food
movement/
exercise
rest/sleep
sexual
expression
safety
shelter
touch
water

AUTONOMY

choice
freedom
independence
space
spontaneity

HONESTY

authenticity
integrity
presence

PLAY

Joy
humor

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

MEANING

awareness
celebration of life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
mourning
participation
purpose
self-expression
stimulation
to matter
understanding

RESOURCES on how to improve your communication style.

- Speak With Purpose <https://www.dailyom.com/cgi-bin/courses/courseoverview.cgi?cid=966>
- Nonviolent Communication: A Language of Life by Marshall B. Rosenberg, PhD
- How to Live Well with Chronic Pain and Illness by Toni Bernhard
- Messages: The Communication Skills Book by Matthew McKay
- A TED talk about NVC <https://www.youtube.com/watch?v=cZM6ZLWm2eA>
- Article about Listening: <https://medium.com/@aculuminary/the-difference-between-good-and-bad-listeners-832de235a356>
- Dr John Gottman <https://www.gottman.com/blog/understanding-first-part-state-union-meeting/>
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/assertive/art-20044644>
- Inspirational Instagram accounts with great info about Healthy Communication
 - Nedra [Tawwab](#)
 - [Seerut K Chawla](#)
- <https://insighttimer.com/dexterandalessandrina/guided-meditations/guided-meditation-to-improve-communication-and-relationship-dynamics>
- <http://www.TheHotline.org> or call 800-799-7233