

# Nonviolent Communication

by Marshall B. Rosenberg

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

**01 Translate one judgment you said this week into OFNR.**

Pick a specific moment - the snippy text, the muttered comment, the unsent rant. Write the same message in four parts: observation, feeling, need, request. Send the rewritten version, or just keep it as evidence that the cleaner sentence exists.

MON TUE WED THU FRI SAT SUN

**02 Spend one day catching every 'always' and 'never' before it leaves your mouth.**

These two words are jackal flags. Each time one shows up, pause and ask: what is the actual observation? You'll be surprised how often 'you never help' is really 'you didn't help with the dishes twice this week.'

MON TUE WED THU FRI SAT SUN

**03 Make one request this week that the other person can genuinely say no to.**

Pick something you usually demand or hint at. Phrase it as: 'Would you be willing to \_\_\_?' Then mean it. If the answer is no, notice the urge to retaliate - that urge is the proof it was a demand all along.

MON TUE WED THU FRI SAT SUN

**04 Give five minutes of pure empathy with no fixing, advising, or relating.**

Find a friend, partner, or coworker who's frustrated about something. Reflect back what they feel and what they seem to need: 'It sounds like you're exhausted and you need some breathing room.' Resist every other impulse for five full minutes.

MON TUE WED THU FRI SAT SUN

**05 Bookmark a list of universal feelings and needs and keep it open.**

Most of us have a vocabulary of about ten emotions and three needs. The Center for Nonviolent Communication has full lists - print one or pin one in your notes app. Use it when you can't name what's happening inside.

MON TUE WED THU FRI SAT SUN

**06 Practice saying 'no' as a 'yes' to something else.**

Next time you decline an invitation, request, or favor, name the underlying yes: 'No, because I'm saying yes to a quiet evening' or 'No, because I need to protect my focus this week.' Watch how it changes both your delivery and how the other person hears it.