



# “Jealousy Survival Guide” Communication Techniques Handout

## Nonviolent Communication

### Basic Pattern:

When I observe A,  
I feel B  
because I need C.  
Would you be willing to D?

### 1. When I observe... (examples)

see	hear	feel
notice	remember	think about

### 2. I feel...(examples)

annoyed	angry	disgusted
uneasy	detached	stressed
embarrassed	tired	sad
vulnerable	scared	hurt

### 3. because I need...

safety	respect	empathy
honesty	love	mutuality
to be valued	support	trust
play	acceptance	autonomy

### 4. Would you be willing to...

(not a demand, do-able, related to the present)

## Active Listening

### Basic Pattern:

- Listen in order to fully understand what your partner is saying to you.
- Ask questions that help you get more information. For example, “What did you mean when you said...?”
- Reflect what you heard your partner says so you can be sure you heard correctly.
- Offer empathy for what your partner is saying.

Action	Purpose of Action
Listening	Be there for your partner by focusing on what your partner is saying.
Asking	Check how well you understand what your partner is saying.
Reflecting	Show that you understand what your partner is saying.
Empathizing	Help your partner feel cared for and understood.

Effective listening is more than just skill. It’s also a matter of attitude. To be an effective listener, you must accept your partners for who and what they are, not what you want them to be.