

### NVC SELF-ASSESSMENT CHECKLIST

	Communication Skills	Unaware	Awakening	Capable	Integrated
A	Empathy				
B	Self Empathy				
C	Observing				
D	Feelings Awareness				
E	Taking Ownership of One's Feelings				
F	Needs Consciousness				
G	Making Requests				
H	Working With Enemy Images				
I	Beneficial Regret				
J	Giving and Receiving Feedback				
K	Responding to Reactivity				
L	Gratitude and Giving Appreciation				
M	Relating to Obligations with Needs Awareness				
N	Saying No				
O	Transforming Conflict				
P	Flexibility in Relating				
1	Self Acceptance				
2	Honest Self-Expression				