

Marshall B. Rosenberg

Quotes

*Communication, Needs, Empathy, People, Thinking, Pain, Giving, Feelings,
Nonviolent Communication, Expression, Punishment, Compassion, Self,
Children, Understanding, Criticism, Mean, Believe, Practice, Opportunity*

Every criticism, judgment, diagnosis, and expression of anger is the tragic expression of an unmet need.

~Marshall B. Rosenberg

Your presence is the most precious gift you can give to another human being.

~Marshall B. Rosenberg

All violence is the result of people tricking themselves into believing that their pain derives from other people and that consequently those people deserve to be punished.

~Marshall B. Rosenberg

We are never angry because of what others say or do. It is our thinking that makes us angry.

~Marshall B. Rosenberg

Instead of playing the game "Making Life Wonderful", we often play the game called "Who's Right". Do you know that game? It's a game where everybody loses.

~Marshall B. Rosenberg

Empathy is a respectful understanding of what others are experiencing.

~Marshall B. Rosenberg

People have been trained to criticize, insult, and otherwise communicate in ways that create distance among people.

~Marshall B. Rosenberg

You don't have to be brilliant. It's enough to become progressively less stupid.

~Marshall B. Rosenberg

Most of us grew up speaking a language that encourages us to label, compare, demand, and pronounce judgments rather than to be aware of what we are feeling and needing.

~Marshall B. Rosenberg

The most dangerous of all behaviors may consist of doing things 'because we're supposed to.

~Marshall B. Rosenberg

Regardless of our many differences, we all have the same needs. What differs is the strategy for fulfilling these needs.

~Marshall B. Rosenberg

Learning is too precious to be motivated by coercive tactics.

~Marshall B. Rosenberg

Anger is a signal that you're distracted by judgmental or punitive thinking, and that some precious need of yours is being ignored.

~Marshall B. Rosenberg

When our communication supports compassionate giving and receiving, happiness replaces violence and grieving.

~Marshall B. Rosenberg

Fear of corporal punishment obscures children's awareness of the compassion underlying the parent's demands.

~Marshall B. Rosenberg

If we want to be compassionate we must be conscious of the words we use. We must both speak and listen from the heart.

~Marshall B. Rosenberg

NVC suggests behind every action, however ineffective, tragic, violent, or abhorrent to us, is an attempt to meet a need.

~Marshall B. Rosenberg

When we understand the needs that motivate our own and others behavior, we have no enemies.

~Marshall B. Rosenberg

At the root of every tantrum and power struggle are unmet needs.

~Marshall B. Rosenberg

Never hear what somebody thinks about you, you'll live longer. Hear that they're in pain. Don't hear their analysis.

~Marshall B. Rosenberg

We are dangerous when we are not conscious of our responsibility for how we behave, think, and feel.

~Marshall B. Rosenberg

Empathy lies in our ability to be present without opinion.

~Marshall B. Rosenberg

Whether I praise or criticize someone's action, I imply that I am their judge, that I'm engaged in rating them or what they have done.

~Marshall B. Rosenberg

Also, think about your intentionality - are you getting lost in the method? or coming from the intentionality, the purpose? You don't want to do the mechanics without the consciousness.

~Marshall B. Rosenberg

While we may not consider the way we talk to be 'violent,' our words often lead to hurt and pain, whether for others or for ourselves.

~Marshall B. Rosenberg

Punishment is the root of violence on our planet.

~Marshall B. Rosenberg

It's never what people do that makes us angry; it's what we tell ourselves about what they did.

~Marshall B. Rosenberg

I think that there is a problem with rewards and consequences because in the long run, they rarely work in the ways we hope. In fact, they are likely to backfire.

~Marshall B. Rosenberg

We are compassionate with ourselves when we are able to embrace all parts of ourselves and recognize the needs and values expressed by each part.

~Marshall B. Rosenberg

The best way I can get understanding from another person is to give this person the understanding, too. If I want them to hear my needs and feelings, I first need to empathize.

~Marshall B. Rosenberg

People don't make us angry, how we think makes us angry.

~Marshall B. Rosenberg

When it comes to giving advice, never do so unless you've first received a request in writing, signed by a lawyer.

~Marshall B. Rosenberg

At the core of all anger is a need that is not being fulfilled.

~Marshall B. Rosenberg

We can never make anyone do anything against their will without enormous consequences.

~Marshall B. Rosenberg

Keep in mind that other people's actions can never 'make' you feel any certain way. Feelings are your warning indicators.

~Marshall B. Rosenberg

When we make mistakes, we can use the process of NVC mourning and self-forgiveness to show us where we can grow instead of getting caught up in moralistic self-judgments.

~Marshall B. Rosenberg

Labeling and diagnosis is a catastrophic way to communicate. Telling other people what's wrong with them greatly reduces, almost to zero, the probability that we're going to get what we're after.

~Marshall B. Rosenberg

Always listen to what people need rather than what they are thinking about us.

~Marshall B. Rosenberg

All moralistic judgments, whether positive or negative, are tragic expressions of unmet needs.

~Marshall B. Rosenberg

We are responsible for what we hear other people say and for how we act.

~Marshall B. Rosenberg

Violence comes from the belief that other people cause our pain and therefore deserve punishment.

~Marshall B. Rosenberg

When we hear the other person's feelings and needs, we recognize our common humanity.

~Marshall B. Rosenberg

Expressing our vulnerability can help resolve conflicts.

~Marshall B. Rosenberg

What I want in my life is compassion a flow between myself and others based on mutual giving from the heart.

~Marshall B. Rosenberg

Most of us live in a Jackal world where we take turns using the other person as a waste basket for our words.

~Marshall B. Rosenberg

My ultimate goal is to spend as many of my moments in life as I can in that world that the poet Rumi talks about, 'a place beyond rightness and wrongness.

~Marshall B. Rosenberg

When I am angry I have a judgment and an unmet need.

~Marshall B. Rosenberg

Use anger as a wake-up call to unmet needs.

~Marshall B. Rosenberg

Understanding the other persons' needs does not mean you have to give up on your own needs.

~Marshall B. Rosenberg

When we focus on clarifying what is being observed, felt, and needed rather than on diagnosing and judging, we discover the depth of our own compassion.

~Marshall B. Rosenberg

If we wish to express anger fully, the first step is to divorce the other person from any responsibility for our anger.

~Marshall B. Rosenberg

Every message, regardless of form or content, is an expression of a need.

~Marshall B. Rosenberg

I never have to worry about another person's response, only how I react to what they say.

~Marshall B. Rosenberg

I believe that the most joyful and intrinsic motivation human beings have for taking any action is the desire to meet our needs and the needs of others.

~Marshall B. Rosenberg

All human actions are an attempt to meet needs.

~Marshall B. Rosenberg

You can't make your kids do anything. All you can do is make them wish they had. And then, they will make you wish you hadn't made them wish they had.

~Marshall B. Rosenberg

When we listen for their feelings and needs, we no longer see people as monsters.

~Marshall B. Rosenberg

Judgments of others contribute to self-fulfilling prophecies.

~Marshall B. Rosenberg

What others do may be the stimulus of our feelings, but never the cause.

~Marshall B. Rosenberg

People heal from their pain when they have an authentic connection with another human being.

~Marshall B. Rosenberg

I don't think you can have an authentic connection when one person is diagnosing the other.

~Marshall B. Rosenberg

Don't hate the circumstance, you may miss the blessing

~Marshall B. Rosenberg

Get very clear about the kind of world we would like and then start living that way.

~Marshall B. Rosenberg

I wouldn't expect someone who's been injured to hear my side until they felt that I had fully understood the depth of their pain.

~Marshall B. Rosenberg

Never question the beauty of what you are saying because someone reacts with pain, judgment, criticism. It just means they have not heard you.

~Marshall B. Rosenberg

An important aspect of self-compassion is to be able to empathically hold both parts of ourselves-the self that regrets a past action and the self that took the action in the first place.

~Marshall B. Rosenberg

My anger tells me firstly that there's a need of mine that's not getting met.

~Marshall B. Rosenberg

Empathy gives you the ability to enjoy another person's pain.

~Marshall B. Rosenberg

To practice the process of conflict resolution, we must completely abandon the goal of getting people to do what we want.

~Marshall B. Rosenberg

We use NVC to evaluate ourselves in ways that engender growth rather than self-hatred.

~Marshall B. Rosenberg

Compliments and praise, for their part, are tragic expressions of fulfilled needs

~Marshall B. Rosenberg

Blaming and punishing others are superficial expressions of anger.

~Marshall B. Rosenberg

Fear of punishment diminishes self-esteem and goodwill.

~Marshall B. Rosenberg

Often, instead of offering empathy, we have a strong urge to give advice or reassurance and to explain our own position or feeling.

~Marshall B. Rosenberg

Intellectual understanding blocks empathy.

~Marshall B. Rosenberg

Classifying and judging people promotes violence.

~Marshall B. Rosenberg

Empathy before education.

~Marshall B. Rosenberg

Avoid 'shoulding' on others and yourself!

~Marshall B. Rosenberg

It's harder to empathize with those who appear to possess more power, status, or resources.

~Marshall B. Rosenberg

A need is life seeking expression within us.

~Marshall B. Rosenberg

With every choice you make, be conscious of what need it serves.

~Marshall B. Rosenberg

When people hear needs, it provokes compassion. When people hear diagnoses, it provokes defensiveness and attack.

~Marshall B. Rosenberg

Always hear the 'Yes' in the 'No'.

~Marshall B. Rosenberg

To practice NVC, it's critical for me to be able to slow down, take my time, to come from an energy I choose, the one I believe that we were meant to come from, not the one I was programmed into.

~Marshall B. Rosenberg

Make your goal to attend to your underlying needs and to aim for a resolution so satisfying that everyone involved has their needs met also.

~Marshall B. Rosenberg

When we judge others we contribute to violence.

~Marshall B. Rosenberg

People do not hear our pain when they believe they are at fault.

~Marshall B. Rosenberg

Ask before offering advice or reassurance.

~Marshall B. Rosenberg

Depression is the reward we get for being 'good'.

~Marshall B. Rosenberg

We can't win at somebody else's expense. We can only fully be satisfied when the other person's needs are fulfilled as well as our own.

~Marshall B. Rosenberg

Empathize, rather than put your "but" in the face of an angry person.

~Marshall B. Rosenberg

In these long-standing conflicts, I find that most cases it gets resolved in about twenty minutes after each side can tell me the needs of the other.

~Marshall B. Rosenberg

We need empathy to give empathy. When we sense ourselves being defensive or unable to empathize, we need to (a) stop, breathe, give ourselves empathy, (b) scream nonviolently, or (c) take time out.

~Marshall B. Rosenberg

Anger tells us we've disconnected from life. The purpose in anger is to use it to come back to life.

~Marshall B. Rosenberg

Criticism, analysis, and insults are tragic expressions of unmet needs.

~Marshall B. Rosenberg

You'll find people less threatening if you hear what they're needing rather than what they're thinking about you.

~Marshall B. Rosenberg

When we listen for feelings and needs - we can see that people who seem like monsters are simply human beings whose language and behavior sometimes keep us from seeing their humanness.

~Marshall B. Rosenberg

Four D's of Disconnection: 1. Diagnosis (judgment, analysis, criticism, comparison); 2. Denial of Responsibility; 3. Demand; 4. 'Deserve' oriented language.

~Marshall B. Rosenberg

Empathize with silence by listening for the feelings and needs behind it.

~Marshall B. Rosenberg

The most important use of NVC may be in developing self-compassion.

~Marshall B. Rosenberg

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