

## How to Hear a “No” Using NVC

Hearing someone tell us “no” after we have made a request can be very challenging. Using the tools of NVC can help us move from our reactions to self connection and maybe reconnection with the person who said no.

A suggested process for *self empathy*

### **1. Take a look at the thoughts we felt in the moment of hearing a no.**

Possible thoughts about the other person:

“I can’t believe she said no!! I thought she was my dear friend!

“Family is supposed to be there for each other!

“After everything I have done for them and this is what I get?!”

Possible thoughts about ourselves:

“I should never have asked. I’m too needy of a person!”

“Why did I set myself up to be hurt, again?”

### **2. Find our feelings:**

We might feel shock, shame, anger, sadness, lonely, etc

### **3. Find our needs:**

Self acceptance (for why we asked)

support

understanding why they said no

### **4. Possible Requests of ourselves**

I want to reflect on whether I was in ‘expectation mode’, ‘demand energy’, low self worth or low self confidence mode”.

### **5. Possible Request of the other person:**

“I care about our connection and would like to understand your response to my request. I’m guessing that \_\_\_\_\_ prevented you from saying yes.