

The Story of Two Paradigms: as defined by Nonviolent Communication (NVC)

Paradigm →	DOMINATION (Power Over)	PARTNERSHIP (Power With)
Objective	Being Right/Making Wrong	Being Connected/Making Life Wonderful
Goal	Getting what I want/getting my way. Doing what is “the right thing to do.”	Getting my needs met by creating a quality of connection with others so that everyone’s needs are equally valued. Facilitate compassionate giving and receiving.
Outlook	Perceiving a situation or person as being: <ul style="list-style-type: none"> • right or wrong • good or bad • appropriate or inappropriate • normal or abnormal • sensible or stupid • deserving of reward or punishment • winners and losers 	Perceiving my own needs and values and how they are being met or not being met. Perceiving the other’s needs and values and how they might be met or not met. Abundance consciousness: believing in the compassionate nature of human beings and in their creativity and resourcefulness.
Strategies	<ul style="list-style-type: none"> • judge • blame • punish/reward • threaten • make demands • manipulate/coerce 	Inspire in myself and others the joy of giving from the heart. Making choices that consciously serve our needs and values. Vulnerably expressing my feelings and needs, and making requests to make life more wonderful.
Predictable Outcomes	Alienation Violence Rebellion/submission	Connection Community
Animal Symbol	Jackal	Giraffe
Type of Communication	Life-Alienating Communication	Compassionate/Nonviolent Communication



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