



The so-called Four-steps

For me it is an ordinal help, it gives me structure and supports me to find clarity. Concerning the contents it means the following:

The world comes to us by our senses. What we hear, see, touch, taste, smell and also feel, lets us meet the world. In this understanding this is the first step: the observation. Because in German "observation" is associated almost exclusively with seeing, I often take the word "Perception" too.

That what we perceive with our senses releases a feeling. This is the second step. In my socialization I have learnt to connect this released feeling immediately with a thought and to gain control about the feeling. E.G., I see a full garbage can standing in the kitchen when I come home. I become furious and think: „Condemns over again, nevertheless, it was agreed that my housemate brings out the garbage!“ And then can still come such a thing in addition like „This stupid cow! I can never count on her!“ My fury becomes bigger and I am rather with the other person and my thoughts about her than with myself.

NVC invites to another way: Feelings are understood as tips to the needs behind. Needs are an expression of our vitality and show us what we are looking and longing for. So on the example applied, it becomes: „I am furious because I need reliability!“

NVC invites one to the self-investigation, for becoming aware the own internal scenery. If I am aware which need is connected right now with the feeling which I have, I myself can specifically go for it. This investigation of the need situation is the third step.

If I am clear to myself about my need, I can go to the action, I can consider the strategies which support me with the fulfilment of the need. Here my creativity is asked, because there are many ways to fulfil a need. And the more strategies are available to me, the more capable of acting I experience myself. Then one has to make a decision for a strategy. I can formulate a request to myself, to partners or also to outsiders. E.G. „Because to me reliability is important, I would like to ask you to keep to our arrangement and to bring out the garbage.“ Or: „I need reliability and at the same time I would like to understand what has stopped you from keeping to our arrangement, so what was going on here?“

This is the fourth step. With Marshall Rosenberg it is called „request or thanks“, depending on whether a need is fulfilled or not. We come also in contact with our need situation by feelings which we feel if needs are fulfilled. Then a feeling of gratitude can originate which can be also expressed. Also here there would be different strategies. E.G., "I am glad that the garbage can is empty, because I estimate reliability and, therefore, I thank you.“

For me the four-steps supports my internal processes for clarity over and over again, so that I come to strategies which fit and are also effective. And it has helped me to get to know my internal worlds – the sea of the feelings as well as the scenery of the needs. To learn to love my internal liveliness.

This might be a short introduction to the tool "four steps".

For me the steps are anchored in our body. I have developed from this experience the following picture which is experienced from many participants in my courses as helpful.

