

Personal NVC practice with advice columns

Advice columns are a great source of NVC practice material. Columns like “Dear Abby” and “Ask Amy” are written daily and are archived on the internet. Searching on line for “advice columns” will open a world of possibilities. Select one or two examples where the feelings and needs are readily apparent. Remember that, unlike the Dear Abby, you are not giving advice but rather identifying feelings, needs and requests of the writer.

Example from an advice column

DEAR GIRAFFE: I have been married almost four years. Recently I had some medical problems that were my wake-up call. I'm fine now, but I no longer am willing to wait for "someday."

I decided to try some new hobbies, one of which is skydiving. I had said for years I'd never do it because I'm afraid of heights. But I have changed my mind, and for me, this is a big deal.

When I asked my husband what he thought, his response was, "I'm not spending the day just to see you jump out of an airplane." Talk about disappointing!

I have always "gone with the flow" when he has wanted to do something. I know he doesn't want to go skydiving, but all I wanted was his support, and maybe someone to take a video or pictures.

His response has left me wondering about a lot of things. I have had enough of his negativity. He doesn't do anything except stay home. I guess I expected him to be excited for me, or to say he didn't want me doing it. The first is what I would have preferred. Now I'm not sure where I go from here.

Guess the writers feelings and unmet needs? What might a doable request of her husband be?

Guess the husband's feelings and needs. What doable request might he make to his wife?