

TEN TIPS TO PROMOTE NON VIOLENCE

- 1) Spend some time each day quietly reflecting on how you would like to relate to yourself & others.
- 2) Remember that all humans have the same needs.
- 3) Check your intentions to see if you are as interested in others getting their needs met as you are in meeting your own.
- 4) Before asking someone to do something, check to see if you are making a request or a demand.
- 5) Instead of saying what you don't want someone to do, say what you want the person to do.
- 6) Instead of saying what you want someone to be, say what action you'd like that person to take.
- 7) Before agreeing or disagreeing with anyone's opinions, try to tune into what the person is feeling or needing.
- 8) Instead of saying 'no,' look at what need of yours prevents you from saying 'yes.'
- 9) If you are feeling upset, think about what need of yours is not being met. What could you do to meet it, rather than thinking about what's wrong with others or yourself?
- 10) Instead of praising someone who does something you like, express your gratitude by telling the person what need of yours that action meets.