

Role-play 2 CNV • Día Internacional contra la Violencia de Género

ROLE A

PART 1

You're mother/father of two small children.

Over the last year you've been dead busy at work, you feel really tired and you get home late frequently.

Just now you're getting home at 10pm and your partner is really angry at you. She/he moans and grumbles to you for being so late and not helping with baths, dinner and other evening tasks.

You feel that you have to defend yourself and you use these words:



- you ('re) never....
- You ('re) always...
- You are (so)...+ pejorative adjective (selfish, bossy...)

Fold here and don't look until you've finished with PART 1

PART 2: Nonviolent Communication

Now you want to tell your partner how you feel and what your needs are. Change your words this way:

- You never / always ... -----> in the last month, last week, in the evenings... (giving objective and concrete information)
- You're (so)+ positive adjective -----> when you do.../ when this or that happens I feel ...
- I want (you to).../ I would like (you to)...

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