

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

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### ROLE B

#### PART 1

You're mother/father of two small children.

In the last year you had to give up some of the leisure activities you used to do before your partner got promoted. Since then, she/he usually gets home very late at night.

You've had a terrible day, you're exhausted and on top of that you've got a cold and a big headache. You think it's not fair that you have to do all the evening tasks (baths, dinner...) and you're very angry with your partner because you feel she/he's the only responsible of your stress.

She/he comes home now and the very minute she/he crosses the door you start complaining using these words:



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

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

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#### PART 2: Nonviolent Communication

Now you want to express 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)...