

# BC Network for **Compassionate Communication**

## Quotes

### Quotes for Compassionate Communications

"I want to appreciate you without judging. Join you without invading. Invite you without demanding. Leave you without guilt."

**Virginia Satir**

"A need is *life* seeking expression within us."

**Marshall Rosenberg, Ph.D.**

"Everything has changed, except our way of thinking."

**Albert Einstein**

"Our lives begin to end the day we become silent about things that matter."

**Dr. Martin Luther King Jr.**

"We never do things that are wrong, we do things that aren't in harmony with our needs."

**Doug Dolstad, CNVC Trainer**

"Even after all this time, the sun never says to the earth, 'You owe me.'"

Look what happens; with a love like that, it lights up the whole sky. "

**Hafiz**

"All people ever say is: THANKYOU (a celebration of life) and PLEASE (an opportunity to make life more wonderful)."

**Marshall Rosenberg, Ph.D.**

"When we teach people to think in terms of enemy images, the bombs are not very far."

**Andrew Schumaker**

"When we understand the needs that motivate our own and other's behavior, we have no enemies."

**Marshall Rosenberg, Ph.D.**

"Do not judge, and you will not be judged. For as you judge others you will also be judged..."

**Jesus of Nazareth**

"Empathy is: Full presence to what's alive in the other person at this moment."

**John Cunningham, CNVC Trainer**

"Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens."

**Carl Jung**

"Few are those who see with their own eyes and feel with their own hearts."

**Albert Einstein**

"Nonviolence means avoiding not only external physical violence, but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him."

**Dr. Martin Luther King, Jr.**

"NVC is a reminder; to focus our attention where we are most likely to get our needs met."

**Marshall Rosenberg, Ph.D.**

"The only sensible person is my tailor. He measures me anew each time he sees me."

**George Bernard Shaw**

"When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid."

**Audre Lourde**

"If you want to make peace, you don't talk to your friends. You talk to your enemies."

**Moshe Dayan**

"In NVC, we don't hear ultimatums/demands/criticisms: all communication is either an SOS or a care package."

**Kelly Bryson**

"It's never what people do that make us angry, it's what we tell ourselves about what they did."

**Marshall Rosenberg, Ph.D.**

"Making a request without revealing the feeling/need takes all the joy out of other's service."

**Lucy Leu, CNVC Trainer**

"By temporarily putting our solutions aside, we learn how to offer what is really needed first. Then our solutions can be received."

**Holley Humphrey, CNVC Trainer**

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