## **NVC-Magic Circle**

outside inside Find the central Find your smallest feeling that in this situation relevant and common with you and the feeling, recognized situation, which you that fits to your go. Care and solidarity makes heavy. Situation **Perception Figures** Sense Data Feeling Facts **Emotion** Objectivity Movement Sobriety Mood 94alis abstract first qualities concrete of togetherness common Steps Find the central quality, Find your common strategy, on which your feeling indicates with which you can become which quality is missing, successful which would you like experience?

