Requirement parameters for all 4 fields of the Four-Step-Circle
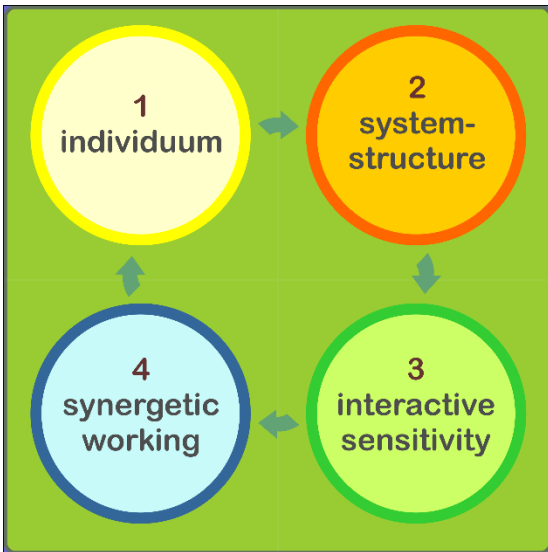

Requirement parameters sorted by the 4 fields:

> general requirements

> field 1 - individual

> field 2 - system structure

> field 3 - interactive sensitivity

> field 4 - synergetic design

Requirement parameters, sorted according to various aspects:

> objektives

> impact

> basic requirements

> further parameters

> critical parameters

About

> about working with requirement parameters

objective: life-serving, organic and self-regulating commonality · agility · adaptability · ability to cope with complexity · joie de vivre

impact: control intelligence · emotional intelligence · system intelligence · system stability · system stability

fundamentals: life · awareness · humanity · caring · peace · respect · community · will to cooperate ·

further aspects: appropriateness · topicality · future viability · error-friendliness · realization · common good ·

critical aspects: unconsciousness · dependency · coercion · dominance · violence · offense · speechlessness · bondage · refusal · passivity · petrification · conservatism · competition · competition · merit · remuneration · possessiveness · justice · discord · against each other · I-relatedness · loss of ego · ideology · dogmatism · in-the-box thinking · structural and cultural dominance · habitual dominance

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field 1 - individual

objective: recovery · relaxation · integrity · stability · firmness · health · realignment · self-reflection · openness to life · self-empowerment · will to create · responsiveness · incentive · utopia

impact: peace · energy · vitality · inspiration · motivation · creativity · movement · integration · internalization · processing · resilience · containment · maturity · maturation · self-confidence · meaningfulness · depth of being · dignity ·

fundamentals: security · food · sleep · shelter · independence · unbound · freedom · space · liberation · undisturbedness · silence · spirituality · system change · · evaluation ·

further aspects: comfort · forgiveness · reconciliation · mourning · celebration · pleasure · hope · security · · privacy · diversity ·

critical aspects: pressure · stress · distraction · worry · despair · criticism · self-criticism · pessimism · unforgiveness · destructiveness · unhealthy · lifestyle · powerlessness · rage · passive · longing · illness · trauma

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field 2 - system structure

objective: action space · system · context · framework · framing · structure formation · position · positioning · order · orientation · standards · support · functionality · understandability · planability · culture of interaction · stimulation · damping · enabling · facilitation · prevention

impact: references · system references · world reference · world understanding · fitting · definitions · standardization · scaling · regulation · formation · formatting · establishment · containment · enclosure · limitation · gridding · rules · laws · legalities · status · law · privileges · working style · style of cooperation · lifestyle · realizability · culture of togetherness · positive tension · invitation · reception · infrastructure ·

fundamentals: access · access · co-determination · scope · space · place · · platform · environment · boundaries · guidelines · signposts · code · · ·

further aspects: preparation · determination · division · division · division · expansion · reduction · combination · structural tension · cybernetics · chain · binding · limitation · frame · · arena · stage · area · box · marketplace · land · home · home

critical aspects: must-haves · no-goes · self-centeredness · lack of support · lack of structure · refusal · lack of understanding · lack of discipline · fickleness · indecisiveness · lack of moderation · lack of boundaries · crossing boundaries · derailment · narrowness · established cultures of dominance

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field 3 - interactive sensitivity

objective: interactive sensitivity · unity · involvement · connectedness · meta-integrity · synergy · flow · entanglement · force field generation · emergence ·

impact: stimulation · powerfulness · field reality · system reality · identity · personality · charisma · agreement · harmony · trust · confidence · optimism · serenity · solidarity · loyalty · cohesion · support · mood · atmosphere ·

fundamentals: peace · courage · mindfulness · acceptance · tolerance · resonance · care · empathy · understanding · arriving · being seen · being perceived · contact · belonging · connection · connectedness ·

further aspects: trust · presence · centeredness · intensity · liveliness · cheerfulness · kindness · truthfulness · closeness · confidence · affection · sympathy · tenderness · humor · lightness · patience · gentleness · warmth · balance · touch · emotionality · intimacy · eroticism · love · harmony · congruence · appreciation · adaptation · autonomy · autonomy · distance · distance · sobriety

critical aspects: assault · entanglement · fixation · isolation · dissonance · envy · shame · guilt · inferiority · reputation · entanglement · bias

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objective: design · implementation · effectiveness · growth · success · problem solving · goal achievement

impact: success · progress · feasibility · productivity · development · healing · experience · play · broadening understanding · staging ·

fundamentals: safety · protection · fairness · decision · responsibility · ownership · commitment · engagement · activity · initiative · determination · exchange · communication · language · information · command · comprehensibility · mediation · transparency · clarity · honesty · sincerity · support · service · cleanliness · order · courtesy · kairos · time management · timing · tact · punctuality · priority · perseverance · persistence · continuity · resources · time commitment · energy commitment · fitness · competence · knowledge · expertise · ability · talent · recognition · encouragement · instruction · guidance · learning · collaboration · contribution ·

further aspects: prudence · overview · foresight · reason · logic · stringency · objectivity · realism · doubtfulness · discretion · role model · commitment · endurance · robustness · decency · discipline · backbone · letting go · self-control · baking · moderation · pragmatism · discretion · renunciation · frugality · generosity · balance · variety · quality · beauty · simplicity · reliability · participation · hospitality · reliability · consistency · performance · efficiency · effectiveness · precision · professionalism · seriousness · diversity · challenge · gradient · start · get through · finish · tactical analysis · feedback · leadership · accountability · constructive disagreement

critical aspects: control · capital · money · pay · reward · constraint · enforcement · struggle · war · level · arrogance · lack of · skills · scarcity of resources · convenience · · stupidity · naivety · lack of knowledge · lack of information

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parameters in relation to the objective

general

life-serving, organic and self-regulating commonality ·
agility · adaptability · capacity for complexity · joie de vivre

field 1 - individual

recovery · relaxation · integrity · stability · firmness ·
health · reorientation · future orientation · self-reflection ·
self-clarification · conflict clarification · openness to life ·
self-empowerment · will to shape · responsiveness ·
incentive · utopia

field 2 - system structure

action space · context · framework · structure · position ·
positioning · order · orientation · standards · interfaces ·
support · functionality · understandability · planability ·
culture of interaction · stimulation · attenuation · enabling
· facilitation · prevention

field 3 - interactive sensitivity

interactive sensitivity · unity · integration · connectedness
· team integrity · meta-integrity · synergy · flow ·
entanglement · force field generation · emergence ·

field 4 - synergetic design

success · design · implementation · effectiveness ·
experience of effectiveness · growth · problem solving ·
goal achievement · realization · enhancement

general

control intelligence · emotional · intelligence · system intelligence · system stability ·

field 1 - individual

peace · energy · vitality · inspiration · motivation · creativity · movement · integration · internalization · processing · resilience · containment · maturity · maturation · self-confidence · meaningfulness · depth of being · dignity ·

field 2 - system structure

system · references · system references · world reference · world understanding · fit · definitions · standardization · scaling · regulation · formation · formatting · establishment · containment · enclosure · boundary · grid · status · law · privileges · working style · style of cooperation · lifestyle · realizability · culture of togetherness · infrastructure ·

field 3 - interactive sensitivity

alignment · stimulation · power · field reality · system reality · mood · atmosphere · identity · personality · charisma · harmony · trust · confidence · optimism · composure · solidarity · loyalty · cohesion · support ·

field 4 - synergetic design

progress · feasibility · productivity · development · healing · experience · play · broadening understanding

.

basic requirements

general
life · awareness · humanity · caring · peace · respect ·
community · sympathy · willingness to cooperate ·

field 1 - individual
security · food · sleep · shelter · independence · unbound
· freedom · space · liberation · undisturbedness · silence ·
spirituality · system change · · evaluation ·

field 2 - system structure
access · admission · co-determination · creative freedom ·
space · place · · platform · environment · framing ·
boundaries · guidelines · signposts · code · must- haves ·
no-goes · positive tension · invitation · inclusion ·
exclusion · rules · laws · regularities ·

field 3 - interactive sensitivity
peace · courage · mindfulness · acceptance · tolerance ·
resonance · care · empathy · understanding · arriving ·
being seen · being perceived · being in common · contact ·
belonging · connection · connectedness · truth ·

field 4 - synergetic design
security · protection · fairness · consensus · decision ·
responsibility · ownership · commitment · engagement ·
activity · initiative · determination · exchange ·
communication · discourse · language · information ·
documentation · command · comprehensibility ·
mediation · transparency · clarity · honesty · sincerity ·
support · service · cleanliness · order · courtesy · kairos ·
time management · timing · tact · punctuality · priority ·
perseverance · persistence · continuity · · completion ·
resources · time commitment · energy commitment ·
fitness · competence · knowledge · expertise · skill · talent
· recognition · encouragement · instruction · guidance ·
learning · collaboration · contribution ·

general

appropriateness · topicality · future viability · failure-friendliness · realization · common good ·

field 1 - individual

comfort · security · forgiveness · reconciliation · mourning · celebration · pleasure · hope · privacy · diversity · variety

field 2 - system structure

preparation · determination · division · division · division · expansion · reduction · combination · structural tension · limitation · binding · frame · · area · box · stage · arena · marketplace · home · home · country · world

field 3 - interactive sensitivity

trust · presence · centeredness · intensity · liveliness · cheerfulness · kindness · truthfulness · closeness · confidence · affection · sympathy · tenderness · humor · lightness · patience · gentleness · warmth · balance · touch · emotionality · intimacy · eroticism · love · harmony · congruence · appreciation · adaptation · agreement · autonomy · independence · distance · distance · sobriety · difference · diversity

field 4 - synergetic design

prudence · overview · far-sightedness · reason · logic · stringency · objectivity · realism · ability to doubt · discretion · role model · commitment · endurance · robustness · decency · discipline · backbone · letting go · self-control · baking · moderation · pragmatism · discretion · renunciation · frugality · generosity · balance · variety · quality · beauty · simplicity · reliability · participation · hospitality · reliability · consistency · performance · efficiency · effectiveness · precision · professionalism · seriousness · staging · diversity · challenge · starting · getting through · completing · finishing · tactical analysis · feedback · leadership · · lateral leadership · accountability · constructive disagreement ·

general

unconsciousness · dependence · coercion · dominance · violence · insult · speechlessness · bondage · denial · passivity · petrification · conservatism · competition · competition · merit · remuneration · possessive thinking · justice · conflict · against each other · i- relatedness · loss of ego · ideology · dogmatism · in-the-box thinking · structural · and · cultural dominance · habitual dominance

field 1 - individual

pressure · stress · distraction · worry · despair · deficit thinking · pessimism · unforgiveness · destructiveness · unhealthy · lifestyle · powerlessness · rage · passive · longing · illness · trauma

field 2 - system structure

self-centeredness · narrowness · enmeshment · lack of support · lack of structure · denial · lack of understanding · lack of discipline · fickleness · indecisiveness · lack of moderation · lack of boundaries · transgression of boundaries · derailment · dissonant environmental systems · dark corners

field 3 - interactive sensitivity

assault · entanglement · fixation · isolation · dissonance · envy · shame · guilt · inferiority · reputation · reverence · adoration · · entanglement · bias · unreconciliation · enemy images

field 4 - synergetic design

control · capital · money · payment · reward · compromise · predicament · enforcement · struggle · war · level · conceit · lack of · skills · scarcity of resources · scarcity of time · shifting priorities · fickleness · abandonment · disparity · convenience · · stupidity · naivety · lack of knowledge · lack of information · no suitable tools/means · hidden interests · black/white thinking thinking · final longing for goals

About dealing with requirement words

In classic NVC, the requests of the individuals, which have arisen from a mostly unpleasant situation, are combined to form a common strategy. In NVC-plus, the utopias of the individuals are combined in a suitable system to form common visions, which are then turned into strategies and then into tactical implementation. At the same time, the potentials of the individuals intertwine to form a potential field.

1. precise words give the language its efficiency. The word lists enable quick point diagnoses. These point diagnoses are not anchored · in concrete situations/actions, but in abstract qualities/needs. because of the focus on the utopia/vision, NVC-plus users are less inclined to refer to past situations and thus perhaps indulge in thoughts of guilt and reproaches but can work constructively and creatively on the future in a very targeted way. This is familiar in classic NVC. It refers to a past situation, usually a crisis situation, but then derives timeless needs (abstract unfulfilled needs) from it, which it wants to see fulfilled as qualities in the future. In the end, the NVC request refers to this. With NVC-plus, you don't need past problems to build creative and constructive quality fields together. There is also no need for personal needs. based on the parameters, it is easy to recognize the requirements for qualities and potentials that are needed to achieve the goal.

2. The word lists also prevent destructive speechlessness.

3. Intelligent maintenance of interactive fields/systems: The listed parameters/qualities are interconnected. (See Schulz von Thun's square of values and growth). Qualities have balancing qualities, which must also be sufficiently present so that there is no one-sided exaggeration. In general, it can be said that the qualities are interrelated and we can therefore speak of quality fields. Such quality fields are needed for good cooperation. The targeted enhancement of individual qualities plays a relevant role in every improvement, so that the field as a whole becomes stronger and more effective with regard to the goal to be achieved. However, the field must also be tailored to the team members, as they use the field for their performance and design. Fields that are too strong would cause more problems than benefits.

4. This list can be used for decisions in larger groups, e.g. for a mixture of Conver-gent Facilitation and Systemic Consensus. In small groups of 5-6 people each, everyone considers what qualities the joint solution should have and then envisions a concrete solution proposal. The proposals are briefly presented in plenary, whereupon the small groups withdraw again to further develop or reject their proposed solution based on the proposals of others. The presentation is repeated. If you like, you can do a skeptics' tour in which the biggest skeptics go through the small groups and are heard with arguments. Once again, the proposals can be polished up or rejected. The proposals are then presented and discussed on the same day or on one of the following days after a little more time to mature.

The NVC-plus requirements list enables the list to be used quickly, as it is often only necessary to decide on the current NVC-plus field.

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