

## **ACTIVITY 3 - HOW CAN I USE THIS?**

Now that you've learned about Nonviolent Communication and completed two activities, it's time to reflect on how you can apply this knowledge and how it can benefit you.

1. What did you learn about Nonviolent Communication?
  2. What parts of the activities were easy for you? What parts were challenging?
  3. How is expressing feelings and needs different in Nonviolent Communication?
  4. Do you think you can use this model in your life?
  5. What benefits do you see in using this model?
  6. What challenges might you face when using it?
-