

CATRA TEACHES NONVIOLENT COMMUNICATION



BY LILY FOR

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GROWING UP IN THE HORDE,
WE WEREN'T EXACTLY TAUGHT
HOW TO IDENTIFY OUR EMOTIONS
OR PEACEFULLY RESOLVE
CONFLICTS.

"YOU'LL NEVER
BE ANYTHING
WITHOUT ME."

"BRING ME THE
SWORD, OR DO NOT
RETURN AT ALL."



"YOU LOVE BEING HER FAVORITE!"



I'VE HAD TO LEARN
A LOT ABOUT HEALTHY
COMMUNICATION SINCE
JOINING THE REBELLION.

"I'M SORRY I GOT
ANGRY. I'M WORKING
ON IT"



NOW I'D LIKE TO SHARE WHAT
I'VE LEARNED WITH YOU.

WHAT IS NONVIOLENT COMMUNICATION?

A
COMMUNICATION
FRAMEWORK THAT
FOSTERS EMPATHY,
HONESTY, & MUTUAL
UNDERSTANDING.

NVC
SHIFTS THE FOCUS
FROM BLAME & JUDGMENT
TO VULNERABILITY &
COLLABORATION.

AIMS FOR
SOLUTIONS WHERE
EVERYONE'S NEEDS
ARE VALUED.

THE CORE
PRACTICES OF NVC
ARE REFLECTIVE LISTENING
AND THE 4-STEP METHOD FOR
EXPRESSING OBSERVATIONS,
NEEDS, FEELINGS, AND
REQUESTS.

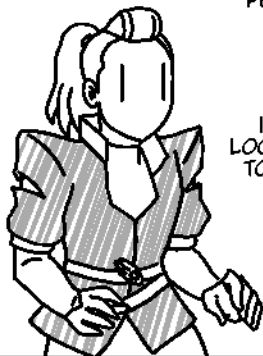
CONFLICT

"CATRA,
I'M SO SORRY.
WE HAVE TO CANCEL
OUR DINNER
PLANS.

A
BRIDGE
COLLAPSED NEAR
PLUMERIA.

THEY
NEED SHE-RA.
PEOPLE COULD
GET HURT.

I FEEL
TERRIBLE.
I WAS REALLY
LOOKING FORWARD
TO OUR EVENING
TOGETHER."



REFLECTIVE LISTENING

TURN CONFLICT INTO COLLABORATION
BY SAYING, "I WANT TO UNDERSTAND
YOU," NOT "LET ME PROVE I'M RIGHT."

LISTEN FOR THE FEELINGS AND NEEDS
UNDERNEATH WHAT'S BEING SAID.

EMPATHIZE BEFORE EXPRESSING
YOUR OWN FEELINGS & NEEDS.

VALIDATE EMOTIONS WITHOUT
AGREEING OR DISAGREEING,
REDUCING DEFENSIVENESS.

SHOW COMMITMENT TO UNDERSTANDING,
NOT "FIXING" OR JUDGING.

SHIFT FOCUS FROM SURFACE
COMPLAINTS TO CORE NEEDS
(E.G., AUTONOMY, SAFETY).

"I HEAR HOW
OVERWHELMED YOU'RE
FEELING BECAUSE YOU
WANTED TO SPEND TIME WITH
ME, AND YOU'RE WORRIED
ABOUT LETTING ME
DOWN..."

BUT YOU NEED TO
PRIORITIZE HELPING
PEOPLE DURING
EMERGENCIES,
RIGHT?"

"EXACTLY.
I HATE LETTING YOU
DOWN, BUT PEOPLES'
LIVES ARE AT
RISK."



1. OBSERVATION

DESCRIBE THE SITUATION
WITHOUT JUDGMENT.

"I UNDERSTAND THAT
YOU HAVE TO GO.
BUT ADORA..."

WHEN OUR PLANS
GET CANCELED
LAST MINUTE..."



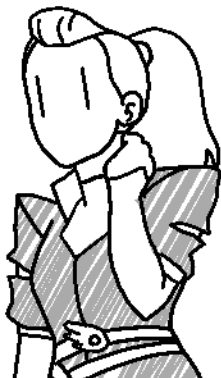
REDUCE DEFENSIVENESS BY AVOIDING
EVALUATIONS OR GENERALIZATIONS.

✗ "YOU DON'T CARE ABOUT ME AT ALL!" ✗ "YOU ALWAYS DO THIS!"

2. FEELING

NAME THE FEELING THAT
ARISES FROM THE OBSERVATION.

"I FEEL
FRUSTRATED
AND SAD."



OWN YOUR FEELINGS AND AVOID
MASKING JUDGMENTS AS FEELINGS.



"I FEEL LIKE
YOU DON'T CARE."



"YOU MAKE
ME FEEL..."

3. NEED

CONNECT FEELING TO UNIVERSAL NEED.
(SAFETY, RESPECT, BELONGING...)

"I NEED
RELIABLE CONNECTION
AND QUALITY TIME WITH YOU
TO FEEL SECURE IN OUR
RELATIONSHIP."



AVOID CONFUSING NEEDS
WITH SPECIFIC STRATEGIES.

✗ "I NEED YOU
TO ALWAYS
PRIORITIZE ME."

✗ "I NEED YOU TO
STOP CANCELLING
OUR PLANS."

4. REQUEST

MAKE AN ACTIONABLE, COLLABORATIVE REQUEST THAT INVITES DIALOGUE.

"WOULD YOU BE WILLING TO WORK WITH THE OTHER PRINCESSES TO CREATE A CRISIS RESPONSE TEAM SO YOU AREN'T NEEDED EVERY TIME SOMETHING GOES WRONG?"



AVOID DEMANDS
OR ULTIMATUMS.

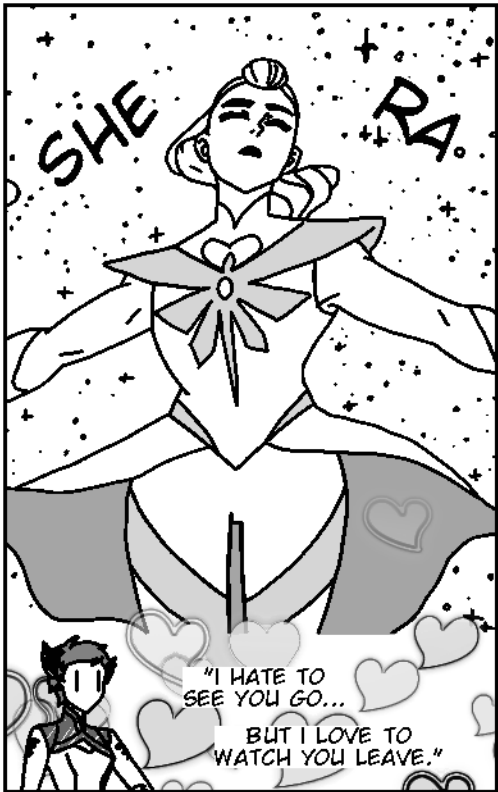
✗ "TELL PLUMERIA YOU CAN'T COME." ✗ "WE'RE BREAKING UP IF YOU GO."

RESOLUTION

"CATRA...
THANK YOU FOR
UNDERSTANDING,
AND FOR BEING HONEST
ABOUT YOUR FEELINGS.
I HEAR HOW MUCH
THIS HURTS YOU."

I'LL TALK TO GLIMMER
AND THE ALLIANCE TOMORROW
ABOUT FORMING A CRISIS
RESPONSE TEAM. OUR
RELATIONSHIP MATTERS
TOO MUCH TO ME TO
LET IT KEEP BEING
SIDELINED."





QUESTION & ANSWER

"OKAY, BUT WHAT'S
THE POINT OF ALL THIS
'I FEEL, I NEED'
STUFF IF PEOPLE
STILL SUCK?

WHY CAN'T YOU
JUST YELL?

SEEMS LIKE A
LOT OF WORK."



"THE HORDE TAUGHT US
TO SPEAK IN DEMANDS
AND THREATS.

NVC FORCES YOU TO
IDENTIFY THE UNMET NEED
UNDER YOUR ANGER.
IF I YELLED AT ADORA
SHE WOULDN'T HEAR ME.



WHEN I SAID 'I NEED
RELIABLE QUALITY TIME
WITH YOU TO FEEL SAFE',
SHE LISTENED.

VULNERABILITY DISARMS.
CLARITY REBUILDS."

"WHAT ABOUT MY
HURT FEELINGS?!"

WHY DO I HAVE TO
TWIST MYSELF INTO
KNOTS TO BE NICE
WHEN SOMEONE
DISAPPOINTS ME?

IF FROSTA DITCHES
ANOTHER COUNCIL
MEETING LAST MINUTE,
I WANT TO TELEPORT
HER TO THE TUNDRA—
NOT CODDLE HER!"



"NVC ISN'T ABOUT BEING NICE.
IT'S ABOUT BEING EFFECTIVE.

'NICE' IS SWALLOWING YOUR ANGER
UNTIL YOU SNAP AND DUMP FROSTA
IN A GLACIER.

EFFECTIVE IS SAYING:
'WHEN YOU SKIP MEETINGS,
I FEEL ANGRY BECAUSE I NEED
SHARED RESPONSIBILITY.
WOULD YOU BE WILLING TO
GIVE 24-HOUR NOTICE IF
YOU CAN'T ATTEND?
IF I DON'T HEAR FROM YOU,
I'LL PROCEED WITHOUT
YOUR INPUT.'"



TESTIMONIALS



"YEAH, IT WAS FINE,
OR WHATEVER."

—MERMISTA

"HER AURA IS
SO MUCH BRIGHTER
THAN IT USED TO BE."

—PERFLUMA



"THAT'S MY
WILDCAT!"

—SCORPIA



"I'M JUST SO
PROUD OF HER."

—ADORA

