
Relationships

In the second chapter, you'll discover multiple tools aimed toward improving Relationships and communication and opening up channels of understanding. The Pillar tool, Nonviolent Communication (NVC), can help you form, maintain, and repair heart-to-heart authentic connections with others and yourself and also help you get more of everyone's needs met. The relationship tools apply to group settings, as well as to one-on-one situations in just about any type of relationship. There are also tools you can use to help you express your emotions and be more empathetic to yourself and to others.