

# The Four Ds of Disconnection

*Each of the 4 Ds is a tragic expression of an unmet need.*

<u>Category/Form</u>	<u>Meaning</u>	<u>Behavior/Example</u>	<u>What might be the Need of the speaker?</u>
<b>DIAGNOSIS</b> <i>Who is what?</i> <i>They (I) never or always....</i> <i>Whenever...</i>	Labeling, criticizing, Putdowns, insults, shaming	“You only care about money.” “S/he is lazy.” “I feel attacked.” “What a jerk!”	
<b>DENIAL OF RESPONSIBILITY</b> <i>Who is to blame?</i> <i>Who is at fault?</i> <i>I have to...</i> <i>I can't...</i> <i>I should(n't)...</i> <i>I feel because you...</i>	Denial of choice or capacity to respond victimhood, blaming, attributing the cause of one's feelings or actions to someone else or circumstances	“I have to do what the boss says!” “It is your fault!” “I drink because I am an alcoholic.” “S/he made me do it.” “You made me mad.”	
<b>DEMAND</b> <i>Do it or else.</i> <i>This is the only way.</i>	Threat of blame or punishment for lack of compliance.	“Get that proposal out by 5 pm or find another job!” “Shut up or I'll smack you!”	
<b>DESERVE</b> <i>Who deserves what?</i> <i>Who should be punished            or rewarded?</i>	Judging who is right or wrong, and thus has “earned” punishment or reward.	“Since you didn't complete the project, you can't go on vacation!” “You owe me.” “Because you were good, you get a dessert.” “S/he deserves to be killed since s/he _____.”	

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