

# NVC Practice Test Questions and Answers

## 1. What is a 'faux feeling' in NVC?

- A) A feeling that is too intense to express safely
- B) A word that seems like a feeling but contains an interpretation of others' behavior
- C) A feeling that is absent from the NVC feelings inventory
- D) A physical sensation rather than an emotion

## 2. In NVC, what is the role of needs?

- A) They justify our emotional reactions.
- B) They help determine who is right or wrong.
- C) They provide a shared human connection point.
- D) They should be suppressed in professional settings.

## 3. In NVC, 'needs' are best described as:

- A) Personal preferences that vary significantly by culture
- B) Universal human motivations shared by all people
- C) Desires that must be fulfilled immediately to avoid suffering
- D) Requirements set by societal or professional norms

## 4. In NVC, 'needs consciousness' refers to:

- A) Being aware exclusively of one's own needs in a situation
- B) A continuous awareness of universal human needs underlying all behavior
- C) Prioritizing physical needs above emotional or relational ones
- D) A specific module in the NVC trainer certification curriculum

**Answers: 1-B 2-C 3-B 4-B**

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