

# NONVIOLENT COMMUNICATION

## Exercise 1: Observation or evaluation?

Which of the following statements are observations only (O) and which ones have an evaluation mixed in (E)?

O	E	Statement
		1. John was angry with me yesterday for no reason.
		2. Yesterday evening Nancy bit her fingernails while watching television.
		3. Sam didn't ask for my opinion during the meeting.
		4. My father is a good man.
		5. Janice works too much.
		6. Henry is aggressive.
		7. Pam was first in line every day this week.
		8. My son often doesn't brush his teeth.
		9. Luke told me I didn't look good in yellow.
		10. My aunt complains when I talk with her.



## Answers:

O	E	Statement
	x	1. John was angry with me yesterday for no reason.
x		2. Yesterday evening Nancy bit her fingernails while watching television.
x		3. Sam didn't ask for my opinion during the meeting.
	x	4. My father is a good man.
	x	5. Janice works too much.
	x	6. Henry is aggressive.
x		7. Pam was first in line every day this week.
	x	8. My son often doesn't brush his teeth.
x		9. Luke told me I didn't look good in yellow.
	x	10. My aunt complains when I talk with her.

## Explanation:

1. "For no reason" is an evaluation. Example of observations without evaluation might be: "John told me he was angry," or "John pounded his fist on the table."
2. This is an observation only.
3. This is an observation only.
4. "Good man" is an evaluation. An observation without evaluation might be: "For the last 25 years, my father has given one-tenth of his salary to charity."
5. "Too much" is an evaluation. An observation without evaluation might be: "Janice spent more than 60 hours at the office this week."
6. "Aggressive" is an evaluation. An observation without evaluation might be: "Henry hit his sister when she switched the television channel."
7. This is an observation only.
8. "Often" is an evaluation. An observation without evaluation might be: "Twice this week my son didn't brush his teeth before going to bed."
9. This is an observation only.
10. "Complains" is an evaluation. An observation without evaluation might be: "My aunt called me three times this week, and each time talked about people who treated her in ways she didn't like."

