

NONVIOLENT COMMUNICATION

Exercise 4: Expressing requests clearly

In which of the following statements is the speaker expressing their request clearly (C) and which ones are they not (N)?

C	N	Statement
		1. I want you to understand me.
		2. I'd like you to tell me one thing that I did that you appreciate.
		3. I'd like you to feel more confidence in yourself.
		4. I want you to stop drinking.
		5. I'd like you to let me be me.
		6. I'd like you to be honest with me about yesterday's meeting.
		7. I would like you to drive at or below the speed limit.
		8. I'd like to get to know you better.
		9. I would like you to show respect for my privacy.
		10. I'd like you to prepare supper more often.



Answers:

C	N	Statement
	x	1. I want you to understand me.
x		2. I'd like you to tell me one thing that I did that you appreciate.
	x	3. I'd like you to feel more confidence in yourself.
	x	4. I want you to stop drinking.
	x	5. I'd like you to let me be me.
	x	6. I'd like you to be honest with me about yesterday's meeting.
x		7. I would like you to drive at or below the speed limit.
	x	8. I'd like to get to know you better.
	x	9. I would like you to show respect for my privacy.
	x	10. I'd like you to prepare supper more often.

Explanation:

1. "Understand" is not a specific action. Instead, the speaker might say: "I want you to tell me what you heard me say."
2. The speaker is clearly requesting a specific action.
3. "To feel more confidence" does not clearly express a request for a specific action. Instead, the speaker might say: "I'd like you to take a course in assertiveness training, which I believe would increase your self-confidence."
4. "Stop drinking" does not express what the speaker wants, but rather what they don't want. Instead, the speaker might say: "I want you to tell me what needs of yours are met by drinking and to discuss with me other ways of meeting those needs."
5. "Let me be me" does not clearly express a request for a specific action. A request for a specific action might be: "I want you to tell me you won't leave our relationship even if I do some things that you don't like."
6. "Be honest with me" does not clearly express a request for a specific action. Instead, the speaker might say: "I want you to tell me how you feel about what I did and what you'd like me to do differently."
7. The speaker is clearly requesting a specific action.
8. "Get to know you better" does not clearly express a request for a specific action. Instead, the speaker could say: "I'd like you to tell me if you would be willing to meet for lunch once a week."
9. "Show respect for my privacy" does not clearly express a request for a specific action. The request for a specific action might be: "I'd like you to agree to knock before you enter my office."
10. "More often" does not clearly express a request for a specific action. Instead, the speaker might say: "I'd like you to prepare supper every Monday night."

