

# **EXERCISES for NONVIOLENT COMMUNICATION**

## **1. OBSERVATION**

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|--|---|
| 1. She is generous.                                      | She gave me an orange.                        |
| 2. I ended up bleeding the last time we played together. | You play too rough.                           |
| 3. You are taking too much room.                         | You are sitting with your legs stretched out. |
| 4. You are so clumsy.                                    | You bumped into me.                           |
| 5. You ate the last two cakes.                           | You are a selfish pig.                        |
| 6. You worked so hard.                                   | You finished 10 math problems.                |
| 7. You sat on my glasses now they are cracked.           | You stupid idiot.                             |

**Point out clear observations from evaluations and review the difference**

## 2. FEELINGS

**Examine the concept ‘owned’ feelings versus ‘disowned’ feelings. Convert the phrases with ‘disowned’ feelings to ‘owned’ feelings.**

**Eg. You make me so tired ..... I am tired of your insults**

1. They make me so..... -----
2. He makes me so..... -----
3. She makes me so..... -----
4. That makes me feel..... -----
5. You make me feel..... -----
6. It makes me feel..... -----
7. You hurt my feeling -----
8. They hurt me when..... -----
9. You make me feel to..... -----

## 3. REQUESTS

1. A request is asking for what we do want not what we don't want.
2. A request asks for a present action.
3. A request is stated in action language.
4. A request is specific and concrete not general.

## 4. ACTIVITIES

Give examples of requests that can apply to NVC

## 5. IN SHORT

We express

- **Observations** (instead of judgments);
- **Feelings** (instead of interpretations);
- **needs** (instead of strategies), and
- **Concrete requests** (instead of vague wishes and demands).