

# Exercises Observations

## Exercise 1: Observation or interpretation?

Check whether these are observations and rewrite them when they are not.

Example:

1) *Expression: John thinks he's better than me.*  
*Observation: John told me yesterday: 'I'll take on this task for you'.*

2) I watch Netflix too much

3) My mum is generous

4) You keep whining about your work

5) You don't sleep enough

6) He told me 'yellow doesn't suit your complexion'

7) You don't really love me. I can feel it.

8) You are super creative

9) You are super creative.



### **Your observations**

Think again of a situation in which someone did something that you didn't like.

- 1) Write down your jackals
- 2) Describe the situation using only observations
- 3) Find your need with help of the needcard

### **Practice exercise for the coming week:**

- Keep noticing jackals in yourself and others, while keeping in mind: 'there is probably a need behind it'
- If you have space for it, try to guess in your head what could be the other person's need, or yours.
- Try to notice when you are interpreting instead of observing.

*Go to the Online Community if you have questions or would like to share how things are going.*



# Answer Sheet

## Exercise 1: Observation or interpretation

2. Interpretation. Observation example: I watch Netflix two hours a day.
3. Interpretation. Example: My mum always pays for dinner with me.
4. Interpretation. Example: You were telling me what you don't like about work.
5. Interpretation. Example: You have dark circles around your eyes.
6. Observation. What he said is an interpretation, but that he said 'xyz' is a quote and thus an observation.
7. Interpretation. Example: the last time you said 'I love you' is a few weeks ago.
8. Interpretation. Example: you make your own clothes and your house also has a few home made items.

