

NVC Performance "Observation" Checklist - Empathy only

Empathy

Can the person being observed "empathize" as taught in Intro to NVC training?

Presence

- Was "present"

Reflection

- Paraphrased or summarized the content of the other person's statements in observational terms; and interrupted if the other person spoke for more than 2 – 3 minutes at a time

Needs Guesses

- Made one or more "needs" guesses, according to the Feelings/Needs list

"Advanced" Skills

- Rephrased judgments as observations (if the person expressing used judgments.)
- Allowed for silence (if person expressing cried or seemed sad, especially after needs guesses.)

What "Not" To Do

- Did NOT give any other conversation responses or make any judgmental statements at any time, including any of the following:
- | | |
|--|---|
| <input type="checkbox"/> Agreeing | <input type="checkbox"/> Exclaiming (<i>I know! OMG!</i>) |
| <input type="checkbox"/> Relating | <input type="checkbox"/> Threatening |
| <input type="checkbox"/> One up-ing | <input type="checkbox"/> Correcting |
| <input type="checkbox"/> Devil's advocating | <input type="checkbox"/> Explaining |
| <input type="checkbox"/> Sympathizing, commiserating | <input type="checkbox"/> Evaluating |
| <input type="checkbox"/> Championing (<i>Go girl!</i>) | <input type="checkbox"/> Criticizing |
| <input type="checkbox"/> Giving advice | <input type="checkbox"/> Blaming |
| <input type="checkbox"/> Minimizing | <input type="checkbox"/> I/You feel like... |
| <input type="checkbox"/> Shutting down | <input type="checkbox"/> I/You feel that... |
| <input type="checkbox"/> Joking | |
| <input type="checkbox"/> Questioning, asking | |
| <input type="checkbox"/> Commenting | |