

## EVALUATION and OBSERVATION

**Part 1** - For the following phrases, do you consider the speaker to be making an **observation**, **evaluation** or a mixture of **both**? **Circle one**. Use your imagination to fill in why the person might be saying the words.

**Example1:**

I felt frustrated when I saw you rush out of the room. (O, E or  O+E)

**Part 2** - If you believe a statement is other than pure observation, write down what might be said to make it evaluation free.

**Example 2:**

I felt frustrated when I saw you rush out of the room. (O, E or  O+E)

"When you left the room, I was feeling frustrated."

1) You're not being responsive to your team. (O, E or O+E)

2) This wine is terrible. (O, E or O+E)

3) I love the way your hair looks. (O, E or O+E)

4) The front room is always messy. (O, E or O+E)

5) I'm really feeling unheard in this conversation. (O, E or O+E)

6) We're never going to get out of here on time. (O, E or O+E)

7) You're such an extrovert. (O, E or O+E)

8) It's getting late. (O, E or O+E)

**Part 3 – Harvesting /Discussion –**

1) When you are finished, you can go online to our facebook group or forum and discuss what, if any difference you noticed in your reaction to Es versus Os.