

Situation Phrases, Unthreatening

For use after “I see . . .” or “I hear . . .” or “I observe . . .” in the Observation Worksheet, Column 1

- Three days ago and tonight I needed to go somewhere and found the car empty of gas.
- The car is dirty and the one who carries that responsibility says she/he forgot to wash the car.
- Inside the car there are six empty dried-out coffee or drink cups plus other thrash.
- This is the third time today I’ve heard you raise your voice to the dog.
- The wall has a hole where you hit it, the chair has a broken back, and now the dishes are shattered where you threw them.
- There are six As on your grade report.
- This work is turned in late.
- Lunch break is one hour, and you’ve been gone an hour and a half.
- I am home on time and dinner is not ready.
- For three nights in a row I’ve received no phone call to tell me you will be late.
- Evidence shows that the dog has been overfed.
- I’ve been waked up and it’s not time to get up.
- The cat has scratched the furniture.
- The grass was six inches tall before mowing.
- Your sales leads got old.
- Your account balances got low.
- Your back orders accumulated.
- That’s the second time this week that the red light caught you in the intersection.
- You pay close attention to your driving.
- You did your shopping early today.
- This is the third time this week that you cooked my favorite foods.
- You had distractions while you cooked today.
- Our appointment was for two hours ago, and you arrive now.
- You are driving after you have been drinking.
- Other people have heard from you things that I told you in confidence.
- You are working late at night.
- When you skip meals you get irritable.
- Only one of us has talked for 55 minutes of our hour together.
- I receive advice for which I did not ask.
- You appear to be reading the paper and watching television while I’m talking to you.
- The promise you made to the children didn’t get fulfilled.
- The money you spent on that item exceeds our budget.
- This is the sixth phone call you have taken during our dinner.

Situation Words, Not Unthreatening

NOT to be used after “I see . . .” in the Observation Worksheet, Column 1

Words to avoid: good, bad, right, wrong (or levels of rightness or wrongness), should, ought, must, have to, make me, deserve, never, always (or knowing for sure and forever)

And any words, tones, or gestures that . . . blame, insult, put down, condescend, label, criticize, attack, compare, diagnose, classify, dichotomize, polarize, analyze, evaluate, demand, interpret, advise, one-up, shut down, educate, sympathize, console, question, explain, correct, shame