

Ask your partner the following questions:

What is a positive attitude?

An optimistic perception about something you have interacted with.

To what extent do you have it?

I am always optimistic about anything I am doing, and I would rate it at 9 out of 10, where 0 means less positive attitude, while 10 means exceptionally high positive attitude.

If you have a positive attitude, what actions might you display?

Having high hopes of achieving the set goals for the task ahead or having higher expectations that what I want will eventually materialize.

How do you communicate it?

Focusing on the merits of something rather than its demerits. More often communicate my positive attitude towards something by sharing it with those I think can support my idea and guide me in attaining my goal. For example, when the decision to switch careers from teaching to software development came to mind, I first shared the idea with people in tech and non-technical fields. I kept assessing the responses given to know the best way to approach my journey of switching careers. The majority supported my ideas by their suggested approach varied from one person to another. I remember one person telling me to just do short certifications and apply for jobs, I was hesitant to follow that route until I found another person who told me that I must enroll for a related bachelor's degree course to learn from the basics. As a teacher, I agreed with him and that is how I have found myself today in the B.Sc. (Computer Science).

What does a positive attitude “look” like to others?

Something with benefits, suitable for solving problems, can improve the current situation, among any other positive things they can attach to something.

How do we differ in expressing our respective positive attitudes?

Yes, and it is based on the degree of confidence to express our positive attitude towards things we interact with. While some people focus on the merits of something, others focus on the demerits only.

How are we the same in expressing positivity?

Showing optimism in something we are doing by only focusing on its strengths rather than limitations.

What is a negative attitude?

A negative attitude can be defined as a pessimistic perception about something, and it is often characterized by despair, an inferiority complex, hatred, and ever focusing on the demerits or limitations of something.

If you have a negative attitude, what actions might you display?

In the event I develop a negative attitude towards something, I tend to perceive that its limitations override its merits.

How does your communication look like?

My communication often depends on the context and is less judgmental to avoid offending others who have already subscribed to an idea they believe suits their interest. Also, my

communication respects other people's ideas to avoid confrontations in case we have diverging perspectives on the same thing.

What does a negative attitude “look” like to others?

Something associated with failures that will never yield any fruit regardless of the effort employed.

How would you teach others to be more enthusiastic and motivated?

Only focus on the merits because in this world everything is analogous to a two-sided with both strengths and weaknesses depending on your point of view.

Which exercise from the NVC document would you choose to teach a group of people?

Why?

Exercise 5: Role play since it allows demonstrating the subject of discussion and switching roles, after which each person will be sharing their experiences in both cases. It allows instant feedback from others and compares results with self-assessment. For example, a person who likes yelling at people when offended may be asked to play the role of the audience when another person yells and shares how he or she feels when yelled at. In this case, the person gets immediate feedback and can self-assess how others feel when yelled at.