

Nonviolent Communication Trainer Practice Test Questions and Answers

1. According to Marshall Rosenberg's NVC model, what are the four key components of nonviolent communication?

- A) Listening, Speaking, Writing, Reading
- B) Observation, Feelings, Needs, Requests
- C) Patience, Kindness, Understanding, Forgiveness
- D) Empathy, Sympathy, Compassion, Love

2. What is the difference between an observation and an evaluation in NVC?

- A) Observations are positive, evaluations are negative
- B) Observations describe what we see/hear, evaluations include judgments
- C) Observations are verbal, evaluations are written
- D) There is no significant difference

3. Which response demonstrates empathic listening in NVC?

- A) "You shouldn't feel that way"
- B) "I understand exactly how you feel"
- C) "Are you feeling frustrated because you need more support?"
- D) "Let me tell you what you should do"

4. In NVC, what makes a request different from a demand?

- A) The tone of voice used
- B) Whether the person is willing to hear "no" without punishment
- C) The length of the statement
- D) The relationship between the speakers

Answers: 1-B 2-B 3-C 4-B

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