

# EP 030 OBSERVATION

## SHOW NOTES

### OBJECTIVE

> Develop an understanding of observation.

### UNDERSTANDING OBSERVATION

**Social Observation** is the process of watching someone. Just because you see does not mean you observe. Observation is more than simply seeing something, but rather a mental process involving both visual and thought.

### Observation through Situational Awareness

Observation is **not about being judgmental**, it is not about good or bad, it is about seeing the world around you, about having **situational awareness**, and interpreting what it is that others are communicating both verbally and nonverbally. Whether you are a parent watching your child or you're watching a couple fighting at the park, social observation happens all the time. We are generally good observers because when we have to be, otherwise we become lazy. Good observation skills give us the opportunity **to test and validate what others think, feel, or intend** for us. Are they kind, unselfish, and empathetic? Or are they selfish, cruel, indifferent, and apathetic?

### SPONTANEOUS AND INDUCED OBSERVATION

Observation can be **spontaneous** (passive, relating to some relevant knowledge or experience) or **induced** (active, correlating information to make sense of new things).

### OBSERVE YOURSELF TO OBSERVE OTHERS

- 1. Pay attention.** Live in the present moment and eliminate distractions (eg. digital). What are you doing right now? Who are you being? Who are you becoming? Know yourself and you will know others. Observe to understand. Observe to memorise details about people and their stories.
- 2. Know your values.** Detach yourself from your person and watch your values. Your values determine who you are, what you do and how you live. Once you know your values, you can identify other people's values, too.
- 3. Look toward the ideal.** Who are your ideal heroes, those you admire the most? What are the characteristics you admire in them and how will your ideal self look like? Then, learn to see what others see as their ideal.

### APPLICATION

> Think of a situation where you lacked social observation and write down five specific things you will do next time.

### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
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