A Time That Someone Really Listened to Me

Recall a time when you needed some answers to a pressing problem or needed some assurance during a difficult time and someone was there for you.

1. Describe the situation. What was happening? What were your concerns? What were your goals? What did you want to happen?

2. Who was this person who proved to be an effective listener? If it was not a family member or good friend, describe the person's role (i.e., neighbor, teacher, coach, guidance counselor, or other).

3. Rate this person on a scale of 1 (lowest) to 10 (highest) in terms of the effectiveness of his/her listening.

4. How did you know that he/she was really listening to you? Check all that apply.

   ___ Used nonverbal facial expressions, gestures, tone of voice

   ___ Seemed to have positive intentions

   ___ Was attentive

   ___ Talked more

   ___ Listened more

   ___ Asked questions to fully understand

   ___ Listened patiently, not interrupting your train of thought

   ___ Was available

   ___ Other:_____

5. What was the outcome/benefit of your interaction with this person?

6. What did this person teach you about listening?