

# Reflective Listening Worksheet

Name	Date
<p>Reflective listening is a valuable communication skill that helps you understand and connect with others on a deeper level. You can practice reflective listening by analyzing and reflecting on your own thoughts and feelings. Use this worksheet for self-reflection and practice.</p> <p>Select a thought, feeling, or recent experience that you want to reflect upon. It could be related to a recent event, a challenge you're facing, or a personal goal. Take a few moments to think deeply about the chosen thought or feeling.</p>	
<p>What is the main point or emotion you want to explore?</p>	
<p>Why do you think you feel this way or have this thought?</p>	
<p>Are there any underlying beliefs or past experiences influencing your current feelings or thoughts?</p>	
<p>Write down your thoughts and feelings related to the chosen topic. Then, try to paraphrase them using your own words. This will help you see your own perspective more clearly.</p>	
<p>Acknowledge your emotions without judgment. Recognize that it's okay to feel the way you do. Write how you feel here.</p>	

Show empathy and understanding toward yourself. Treat yourself with the same kindness and support that you would offer to a friend. Write how you feel here.

If your self-reflection reveals negative or self-critical thoughts, challenge them in a compassionate way. Ask yourself if there's evidence to support these thoughts or if there might be alternative perspectives.

Based on your self-reflection, identify any areas where you'd like to improve or grow. Set small, achievable goals to work on over time.

**Additional notes**