

Practice listening for feelings

In your journal write down either a paraphrase, an open question, or a feelings–reflection listening response for each of the following statements. First identify the feelings then give your response. Compare your answers with a friend's. Discuss the feelings identification and appropriateness of your responses.

1. I am overwhelmed with work and can't get to your project yet.

Feelings:

Response:

2. No one ever appreciates me around here!

Feelings:

Response:

3. I am lost. I'll never get this job done. Can you help me with this?

Feelings:

Response:

4. When I was younger I never knew what to expect in my house. One day Dad would be happy and carefree, and the next day he might be angry and hateful.

Feelings:

Response:

5. I always work hard to achieve the goals of my group. I can't believe everyone else doesn't feel that way.

Feelings:

Response:

6. I am so upset. I hate bringing the baby to the mall. Everyone stares at him. I get so embarrassed, I could cry!

Feelings:

Response:

7. Why doesn't anyone understand how I feel? I try my hardest but it never seems to matter. They still argue and fight all the time.

Feelings:

Response:

8. I would rather die than let anyone know how I feel about it.

Feelings:

Response:

9. No one but me is responsible for what happens to me. Butt out of my business and I'll butt out of yours.

Feelings:

Response:

10. Why did this have to happen to me? What did I do wrong? Why has God chosen me for this?

Feelings:

Response:

11. Why doesn't anyone ever hear me? I am so anxious for them to give me a chance but they all seem busy and preoccupied. I don't think they really care about me anymore.

Feelings:

Response:

12. You are all a bunch of phonies. I can't stand your cold-hearted, pompous ideas of right and wrong. I'd rather be anywhere else than with you tonight!

Feelings:

Response:

13. I get so embarrassed in that group. Everyone seems so together and with it. I'm afraid they would never accept me for who I am and the way I feel.

Feelings:

Response:

14. I get so uptight coming to this group every week. I am sure that someday my turn will come and I'll be so clammed up I'll never be able to say a word.

Feelings:

Response:

15. I am so afraid of letting my feelings out. If I ever let them out, I may never stop. I might go over the edge.

Feelings:

Response:

16. My dad and mom are so busy taking care of my little brother that I'm afraid to tell them about my problems. They seem insignificant compared to his problems.

Feelings:

Response:

17. Nobody really cares if we win or lose. They goof around and take nothing serious.

Feelings:

Response:

18. I am so untalented, ignorant, and ugly that no one could possibly love me.

Feelings:

Response:

19. I wish that I had never been born. If I hadn't been born, maybe my family wouldn't have had such problems. Maybe Mom and Dad would have been happy and not divorced.

Feelings:

Response:

20. I want to thank you for making this the best day of my life. You are all so special and wonderful. I love you all.

Feelings:

Response: