

## Active Listening Psychoeducation Worksheet

### What is Active Listening?

Active listening is more than just hearing words. It's a way of **fully focusing on, understanding, and responding to someone**. It strengthens relationships, reduces misunderstandings, and helps you feel more connected.

#### Core Components of Active Listening:

**Pay Attention** – Give your full focus: stop multitasking, make eye contact, notice tone and body language.

**Show That You're Listening** – Nodding, small verbal cues (“I see,” “Uh-huh”), and facial expressions show engagement.

**Reflect and Clarify** – Repeat or paraphrase what you heard to check understanding:

Example: “It sounds like you felt \_\_\_ when \_\_\_ happened.”

**Don't Interrupt or Judge** – Let the speaker finish; resist jumping in with advice or opinions.

**Respond Appropriately** – Share empathy, ask questions, or offer support without taking over the conversation.

### Self-Reflection Questions

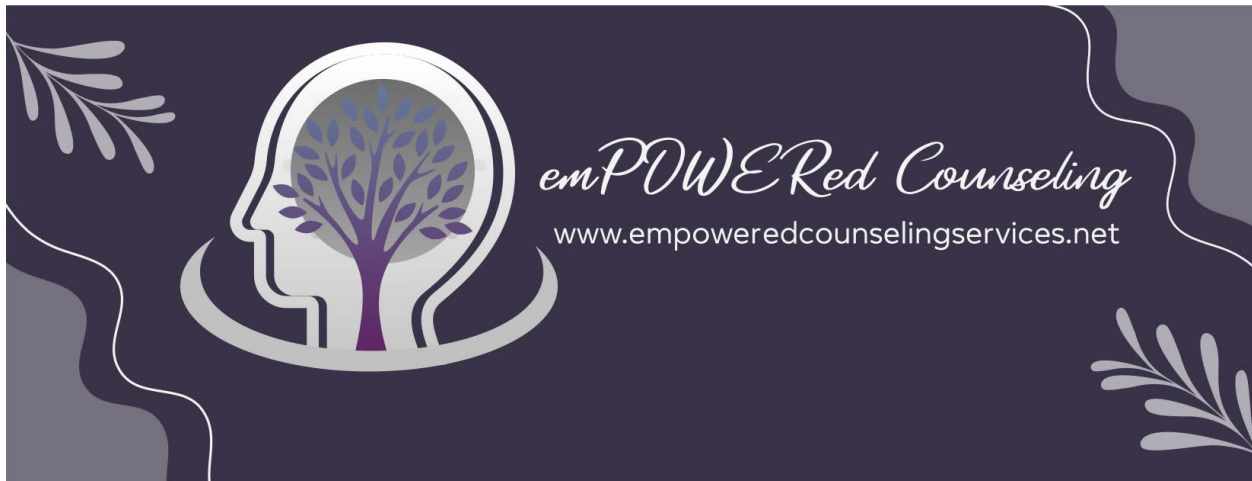
Use these to explore your listening habits:

How often do I find myself thinking about my response instead of listening?

Do I interrupt or finish others' sentences? How does that affect the conversation?

Which cues (tone, body language, emotions) do I usually notice? Which do I miss?

How comfortable am I with silence in conversation?



## **Practice Exercise: The 5-Minute Listening Drill**

Pair up with someone or imagine a conversation.

Have the other person talk for 3–5 minutes about something meaningful to them.

Your job: **listen without interrupting**.

Reflect back what you heard using **“I hear you saying…”** or **“It sounds like…”**

Ask: “Did I get that right?”

### **Debrief:**

What was hard about just listening?

What was easier than expected?

How did the other person respond to being fully listened to?

## **Tips to Strengthen Active Listening**

Focus on **understanding, not fixing**.

Notice your body language; open posture encourages conversation.

Be curious, not critical.

Practice in low-stakes situations first, then try with harder conversations.