

FOSTERING COMMUNICATION

CONNECTED AND ACTIVE LISTENING

Use this worksheet as often as possible to expand your ability to step outside of a heated situation to connect to you, the other person and what is needed in the moment.

Write about a time you had a disagreement with someone (professionally or personally).

How did you feel during the interaction? Did you help or hurt the conversation? Why or why not?

What do you think the other person was feeling in the interaction?

What would you do differently?