**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: \_\_\_\_\_\_**

**Active Listening Worksheet**

**Paraphrase the following statements. This means putting into your own words what someone else said.**

 **Example: I used to go out with my friends all the time, but lately I don’t want to. They’ve started drinking beer a lot more and I’m not into that. It seems like they can’t have a good time without it. I don’t enjoy myself anymore when I’m with them. Paraphrase: In the past, you had a great time going out with friends. Right now, however, you don’t feel like hanging out with them because you don’t like drinking. Whenever you do go out with them you don’t have fun and it seems like they need to drink to have fun.**

1. I told my supposed-to-be best friend a secret about what happened with me and my partner last weekend. Now everyone in my whole school knows about it.

2. I’m really into this guy at school. We’re probably going to see each other at a party this weekend, but there’s going to be another person there that likes him too. I don’t know how he feels about me.

**Develop a perception check statement for the following, showing that you understand the feelings involved. This is also called Reflection,**

 **Example: I have worked very hard on the homework and I still don’t understand the math. I just try and try and nothing seems to help. Paraphrase: So it sounds like you are frustrated because you worked so hard on your homework and you still don’t understand.**

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**Create an open-ended question for each of the following. Open-ended questions can’t be answered with a simple ‘yes’ or ‘no’. They invite the other person to share more about what’s going on for them.**

**Example: I took a test three weeks ago and did not pass it. The teacher told me to come back for and retake the test. I just went back and I still did not pass it. Open-Ended Questions: “What does this test result mean for you?” or “is there anything that you could have done differently before or when taking the test?”**

1. “My head keeps hurting and I cannot sleep at night. I don’t know what to do!”

2. Some of my new friends are pressuring me to skip school. I told my best friend about it and she says I should have never made new friends.

**Respond to the following statements with an open-ended question that would bring up more specific information.**

1. “I don’t like that sort of thing …”

2. “They never listen to my suggestions or to what I have to say.”

**Summarize the following problem:** My Dad is an alcoholic. I never know what kind of mood he’ll be in when I get home. He may be drunk, mad, passed out, or anything. My Mom gives him all her attention. She worries a lot that Dad will get fired and wonders what will happen after that. She doesn’t really seem to care about what happens in my life, at school, at home, or with my friends. I think my parents don’t care about me and wish I wasn’t around because I just cost them more money.