

Name _____

Active Listening

Active listening is a real gift of friendship. Read how it works. Then give it a try.

1. Your friend says: "I'm mad at my parents. Every time I want to do something on my own, they tell me I'm not old enough."

What your friend really wants is your full attention. You have to let your friend **own** the problem. So

- You listen and show that you care: "You're really angry."
- You focus on the problem and help to clarify it: "Sounds like there's something special bugging you right now."

2. Your brother says: "I got into big trouble at school, and I'm afraid of what Mom and Dad will do when they find out."

You listen and show that you care:

You focus and clarify:

3. Your friend says: "My favorite aunt is in the hospital, and they say it's really serious."

You listen and show that you care:

You focus and clarify:

4. Your friend says: "I'm afraid my parents are thinking about getting a divorce."

You listen and show that you care:

You focus and clarify:

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