

HOMWORK 1

ENCOURAGING PEOPLE TO TALK TO YOU

The primary attribute of nurturing is acceptance without judgement.

Ask questions for information and understanding,

NOT to get ammo for future judgements or attacks when you feel defensive or down.

LOVE IS EFFORT OVER TIME

HANG-IN-THERE
IT WILL PAY OFF

A LARGE PART OF EFFECTIVE LIVING INVOLVES:

PATIENCE

PLANNING

DISCIPLINE

IMPULSE-CONTROL

GIVE & GET SUPPORT

DECIDE TO CHANGE - NOW!

REFLECTIVE LISTENING

When people talk to each other there are two parts of the communication. There is the **CONTENT** and the **PROCESS**.

CONTENT : The story, the description, the scenario, the dramatic production, etc.

PROCESS : The psychological level where we think, feel, believe, and make decisions.

The process level is the level to aim for in **REFLECTIVE LISTENING**. R L is act of making guesses about what people are likely to be feeling when they tell you a story of some sort. A child comes home from school and cries about having had their lunch stolen, or being pushed about by a bully, or being punished by a teacher for something that another child did. R L involves making estimates about what the child is feeling when they tell their story.

That must have been scary for you
That must have been difficult for you
That must have been sad for you
You must have gotten angry about that

The purpose of R L is to reflect your ideas about what the other person **MAY** be feeling. If you do this carefully the other person will find in you a non-judgmental sounding board with whom they can explore their feelings, the situation, and their reactions to it. The other person then is in a position to make their own decisions about how to proceed. This eliminates the problems of "You shouldn't feel that way" -- "You should do this or that" -- "Let me tell you what the right thing is to do about that".



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.