

Reflection Sheet

I practiced listening with (person): _____

On (date and time): _____

The other person knew that I was practicing my listening skills: Yes No

Here's how I think I did as a listener:

	NOT WELL		OK	REALLY WELL	
Paying complete attention and letting the person see that I was listening.	1	2	3	4	5
Keeping my own "stuff" out of it (advise, opinion, interpreting, etc.).	1	2	3	4	5
Keeping good eye contact.	1	2	3	4	5
Making understanding statements.	1	2	3	4	5

Notes: (What we talked about, how I felt, what happened afterward, etc.)
