

Worksheet: Active Listening Reflection

This worksheet offers a supportive structure to help you listen more fully during emotional conversations. When someone shares something vulnerable, it's easy to jump into advice or defense. But the most powerful thing you can do is simply listen, reflect what you heard, and let them know their feelings make sense.

These steps help create space for safety and connection, especially during vulnerable moments.

The next time your partner shares something meaningful, try:

1. Partner shares something they're feeling.
2. You reflect it back: *"It sounds like you're feeling _____."*
3. Show your understanding and validate: *"That makes sense, because _____."*
4. You can try to follow if it feels right: *"It sounds like there might be more, do you want to tell me?"*

Self-Reflection: Rate your listening (1–5):

Listening Skill	Rating (1–5)
I listened without interrupting	
I focused on their emotion, not just their words	
I reflected and validated their feelings	
I resisted the urge to "fix" too soon	

Reflection:

- What felt easy about staying emotionally present? _____

- What felt harder? _____
- How did your partner respond? What did you learn about your partner, or yourself, by listening this way?
