



Worksheet #4

Soul-Centered Listening Practice Exercise

Client #1: *“I left my career as a lawyer when I gave birth to my first child, and that was 7 years ago. Since then, I’ve happily been a stay-at-home mom, but the last few months, I’ve felt a little unsatisfied with my life. Being with the kids is fun and amazing, but there’s something nudging me. When I think about going back to work, the thought of a law office repulses me. But am I really going to look for a new career at this point in my life? It’s just been so long since I’ve been in the workforce, I don’t even really remember how to use that part of my brain or be professional. Also, what if my kids need me at home? What will my other stay-at-home-mom friends think? Will my partner be amenable to doing laundry sometimes?”*

What are you hearing?

What are you NOT hearing?

What are you curious about?

Which of your filters do you want to check to make sure you don’t bring assumptions or biases to your Listening?

Client #2: *“I’ve been working on my thesis for months now, and I’m in the homestretch. All I need to do is the last pass of edits. It’s been sitting on my desk for 3 weeks now, and I still haven’t done it. Every time I sit down to work on it, something else comes up – a phone call, an important email, I get hungry, etc. If I could only just get it done! Then everything in my life would change – I could graduate from my Masters program, get a job, have more time. But it’s just like the Universe doesn’t want me to finish this or something.”*

What are you hearing?

What are you NOT hearing?

What are you curious about?

Which of your filters do you want to check to make sure you don’t bring assumptions or biases to your Listening?

Client #3: *“I’m fed up with my sister. My whole life, she’s given me a hard time. It doesn’t matter how nice I am to her, how much love I show her, what I do for her, she just always finds ways to insult me, to leave me hanging, to disappoint me. The latest disaster: I’m moving tomorrow. My sister promised me weeks ago that she’d come over today to help me finish packing. At the last minute, she texted to tell me she’d be late. I waited. I just waited there, waiting for her to mess up, because I knew she would. She always does. And sure enough, she did. She just didn’t show up. Ha! I knew it from the moment she told me she’d help out. So, she just didn’t show up, and I just sat in my apartment overeating, and worrying that I’ll never get fully packed for my move.”*

What are you hearing?

What are you NOT hearing?

What are you curious about?

Which of your filters do you want to check to make sure you don’t bring assumptions or biases to your Listening?