

AM I DOING THIS RIGHT?



- 1 Do I listen more than I talk?**
or am I talking more than I listen?
- 2 Do I keep my self sensitive and open to this person's issues, whatever they may be?**
or am I talking about what I think the problem is?
- 3 Do I invite this person to talk about his or her own ideas for change?**
or am I sharing my own ideas and suggestions?
- 4 Do I allow this person to talk about his or her reasons for not changing?**
or am I pushing and hoping for change?
- 5 Do I ask permission to give ideas and feedback?**
or am I offering ideas and advice before I have permission?
- 6 Do I ask open questions?**
or am I using questions that can be answered with yes or no?
- 7 Do I use frequent affirmations with this person?**
or am I expressing judgment?
- 8 Do I reflect back what I hear more than I ask questions?**
or do I mostly ask questions?
- 9 Do I summarize to help this person understand themselves?**
or am I focusing on my thoughts and reactions?

See more:
www.restinjesus.org

Adapted from: www.centerforebp.case.edu