

## Reflective Listening

### Practice Statements

*Sender:* I thought I had that job all lined up. I felt like the interview was a breeze and that the boss really liked me. I can't believe they never called me back.

*Sender:* I'm so frustrated about my job. I want a job that is more rewarding but I feel under qualified for what I really want to do. I'd love to go back to school but I don't think we could afford that.

*Sender:* I told the boss that I would have the project ready for him by tomorrow but there is no way I can put it all together in one night. It's not that I've been lazy, I didn't have all the material until two days ago and I've been going non-stop on it since then. I'm afraid he'll be disappointed and I'll get the blame for it all.

*Sender:* My friend Sue has been calling me every day for the past week. I know she is going through a lot right now but I'm not feeling very sympathetic anymore. I wish she didn't call so often, and I don't know how to tell her this.

*Sender:* Your father called and wants to take us out to dinner next week. I really don't feel like being with him for an evening. I can't stand his constant criticism of your ideas, he seems so pessimistic all the time.

*Sender:* I really want to get away, just the two of us. We haven't just played together in such a long time. I feel like we're both trying to be successful in our jobs and I'm afraid of losing touch with each other. I don't want that to happen.

*Sender:* I really felt put down by you when you laughed at my new haircut. I was wanting to try something new and I was a bit unsure about it too, but it really hurt when you just laughed at me.

*Sender:* I feel so exhausted when I get home from work. The last thing I feel like doing is cleaning up around here, yet I know it needs to be done. I would really like your help more around the house.

*Sender:* You never take the time to listen to me. You seem to listen only so I won't get mad but not because you're really interested in me.

*Sender:* I find it hard to tell you this but, I really like it when you do things for me that make me feel special and loved.