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3 Active listening exercise

#1 **WHO did you use this with?**

My friend Ondine

**WHAT were they talking about?**

She was talking about how tired she was because she was learning a lot of information in a short amount of time for her nursing program but wouldn’t give up because she wants to come celebrate with me in Iowa after passing the class

**HOW did they react to your active listening (did they notice anything was different?)**

I don’t know if she noticed because I did not mention it to her but she kept on talking more because I gave her my full attention. It was hard for me because I’m made me have to listen more for a longer period of time.

**What, if anything, happened differently as a result of your active listening?**

I believe it showed me that I should do better as a human being and a friend.

**Was anything challenging or difficult about actively listening?**

I got annoyed because it was a hard exercise. I can’t just sit and do nothing else but listen for a long period of time.

#2 **WHO did you use this with?**

My old roommate Baaba

**WHAT were they talking about?**

She was talking about a pain that she’s been having in her chest that is bothering her. She was telling me about the alternatives that she was going to try because she did not get much relief from the medications the doctor prescribed to her.

**HOW did they react to your active listening (did they notice anything was different?)**

She said: “why is this girl looking at me like that” and we laughed.

**What, if anything, happened differently as a result of your active listening?**

I believe that she felt heard and I was able to be there for her and look at solutions with her

**Was anything challenging or difficult about actively listening?**

Not really

#3 **WHO did you use this with?**

My friend Jovany

**WHAT were they talking about?**

He was telling me that he has decided to pay closer attention to the food that he was consuming because he has studied this week in biology that so much of the food we consume was processed and was the cause of most of the diseases we have in the world today.

**HOW did they react to your active listening (did they notice anything was different?)**

He just kept on telling me more details about what he learned from biology class

**What, if anything, happened differently as a result of your active listening?**

I have learned about processed food and started planning for what we will be planting in our farm next season

**Was anything challenging or difficult about actively listening?**

It always get challenging when I have to listen for a long period of time