

Smart Social Skills Course: Week 5 Worksheet

How did mindfulness or the telling someone else technique work for you this week?

Which technique did you choose after trying the two of them during day 1 and 2?

How did the technique you chose help you to listen better during this week?

How did truly listening affect your relationships and conversations?

What did you learn about people that you didn't know and how was this way of fully listening different to how you usually listen? Write down all the benefits you can come up with to motivate yourself to stick with this change in your future too.

What trouble spot(s) have you found with your listening that you want to work more on after this course is over?
