

Examples			
Parents/Caretakers Siblings	Aunts/Uncles Friends	Romantic partners Colleagues/Boss	God/Creator Self

EMOTIONS: "Feelings Shared" - What feelings did you hear in their voice or story?
Who or what caused these feelings?

Accepted	Loving	Excited	Confident	Interested
Wanted Interesting Appreciated Important Popular Helpful Valued	Free Grateful Fulfilled Content Committed Accepting Joyful	Amazed Surprised Energetic Moved Animated Passionate Eager	Trusting Honest Optimistic Self-reliant Proud Authentic Hopeful	Curious Receptive Drawn Engaged Inspired Thoughtful Attentive

Afraid	Embarrassed	Angry	Sad	Alone	Dislike
Nervous Overwhelmed Worried Inadequate Confused Intimidated Out of control	Disrespected Insignificant Guilty Remorseful Sheepish Ashamed Humiliated	Betrayed Dismayed Frustrated Indifferent Obligated Resentful Insulted	Hurt Discouraged Somber Depressed Deflated Agonized Mournful	Detached Excluded Abandoned Vulnerable Isolated Exposed Withdrawn	Dismissive Disgusted Disturbed Suspicious Appalled Repulsed Skeptical

VALUES: "What Matters Most" - What seems important to the speaker based on their choices and words?

Examples			
Achievement Authenticity Autonomy	Faith Family Freedom	Integrity Intelligence Kindness	Privacy Perseverance Respect

Balance Connection Curiosity Dependability	Happiness Harmony Health Humor	Love Loyalty Power Practicality	Security Service Success Work ethic
---	---	--	--

Step 2: Affirmation

Affirmations show the speaker you really heard them and value your conversation. Many people think we can only affirm others by agreeing with them, but that's not true! We can affirm someone by simply reflecting back what we noticed at any of the listening layers.

Affirmations can start with simple phrases like:

"It sounds like..."

"I heard that..."

"I really appreciated..."

Try writing some affirmations for each of the speakers in the highlighted clips.

These starter phrases might feel awkward at first, but try using them today as you practice. Once you get comfortable with affirming others, you'll naturally find your own style and words.

Notes

YOUR REFLECTIONS: What was the experience like for you? What layer was easiest for you to listen for? What layer was most challenging? How might you use deep listening in your daily conversations?

Notes

To sign up for a full length OSS conversation, visit takeonesmallstep.org and fill out the questionnaire.