



# Reflective Listening Worksheet

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This sheet may be used individually or as a Facilitator guiding another group member.

1. Choose an appropriate emotion and insert it in the space provided then finish filling out the sentence.
2. Reflect and meditate on the statement. Ask the Lord for insight, wisdom and discernment then,
  - a. Prov. 4:23 - Circle any responsibilities that are being challenged by this statement.
    - i. Make specific notes as to how and or why.
    - ii. Align your insight with God’s truth—**Truth vs the Lie**. Any differences indicate areas for growth.
3. With the objective of protecting God’s Best Interest (GBI) and obtaining healthy intimacy (to know and be known), ask yourself, “What do I need?” (*to be heard and understood, affirmed, blessed, safe, touched, chosen, or included*) from “Seven Desires of the Heart”- Dr. Mark Laaser
  - a. Regarding this situation: Describe what it would look like to get that need met in healthy ways.
4. List your next action steps to get that need met in healthy ways.
5. Then process this worksheet with an accountability partner.

To achieve clarity during an emotional muddle, use a single worksheet to process each emotion.

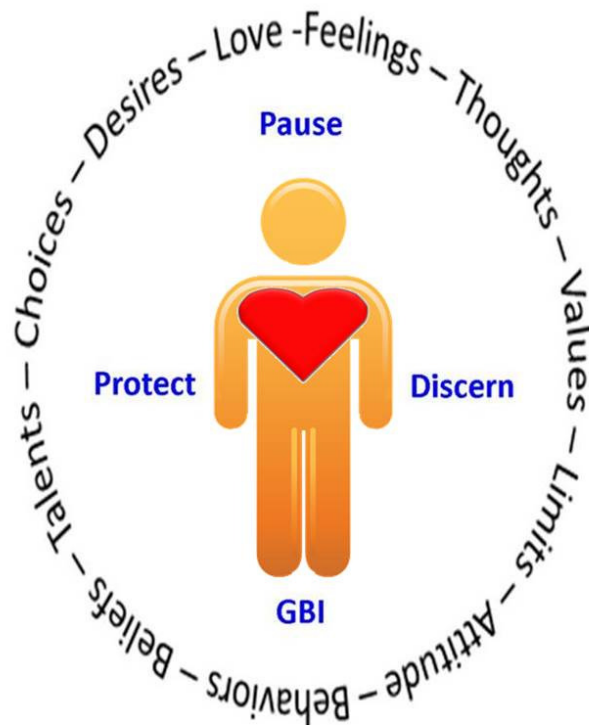
#1



#2a (Prov. 4:23)

Guarding Your Heart = Responsibilities

I feel \_\_\_\_\_ about \_\_\_\_\_ because \_\_\_\_\_.



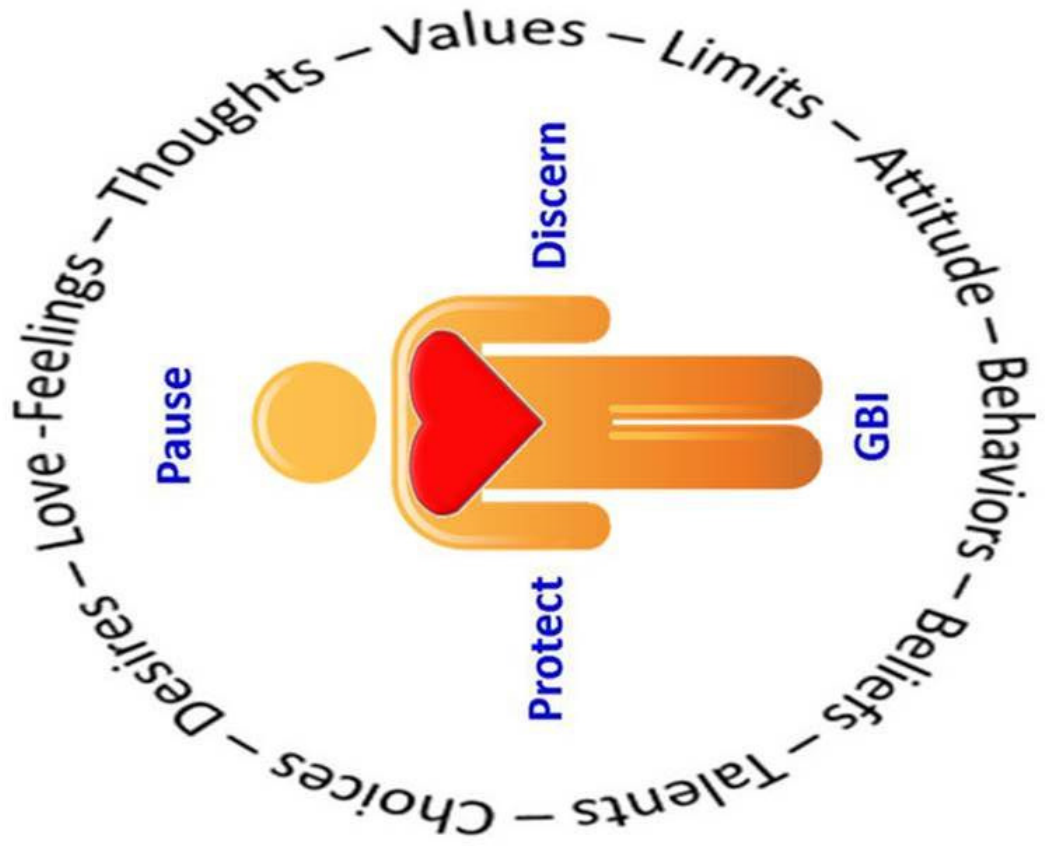
### 7 Desires of the Heart

- Heard and Understood
- Affirmed
- Blessed
- Safe
- Touched
- Chosen
- Included

# 3 I need \_\_\_\_\_.

# 4 My next steps are \_\_\_\_\_.

I feel \_\_\_\_\_ about \_\_\_\_\_ because \_\_\_\_\_.



**7 Desires of the Heart**

- Heard and Understood
- Affirmed
- Blessed
- Safe
- Touched
- Chosen
- Included

I need \_\_\_\_\_.

My next steps are \_\_\_\_\_.