




VIDEO 12

— LISTENING A PERSON INTO LIFE:
REFLECTIVE LISTENING



When we listen
reflectively, we're taking
in what a woman is telling
us, sorting it out, and
summing it up.

SUMMARY

In this 12th and final video, “Listening a Person into Life: Reflective Listening,” participants are invited to understand how to listen reflectively to another person. Reflective listening means giving space for another person to share, and then to briefly state, in our own words, her thoughts and feelings, without evaluation or judgment. In reflective listening we act as a mirror for the other person, helping her to uncover what is really in her heart. This video includes two role-plays that demonstrate the difference between typical listening and reflective listening, and invites participants to reflect on their own tendencies in communication.

OPENING PRAYER

Most Holy Trinity, we praise and thank you for loving each one of us into life. We ask for the grace to receive anew the gift of our own lives, that we may live deeply out of our true identity as your beloved sons and daughters. We pray that each person may know themselves as chosen and loved, willed into being from the very beginning of time and held in existence at every moment by your love. Father, we ask you to fill us with your light and renew us with your peace. Holy Spirit, we ask for the courage to speak your Word of life; may our actions, words, and thoughts serve to uphold and protect the dignity and worth of every person, and may our lives give radiant witness to the truth of your love. We ask this through Jesus Christ, our Lord.

Amen.

INTRODUCTION

Participants are invited to share an experience that is meaningful to them. Sharing an experience of importance is deeply humanizing and encourages the formation of trust between participants. These connections are essential for maintaining community.

Time: 10 minutes

Materials: INTO LIFE: Love Changes Everything Participant Guide

Instructions: Invite participants to share their response to the "Introductory Question".

Reminders: Remind participants of time boundaries (if any) and confidentiality.

INTRODUCTORY QUESTION

Describe an experience in which a conversation with another person helped you discover and articulate your own thoughts and feelings?

Read the question twice and allow a few moments for quiet reflection.

VIDEO #12

LISTENING A PERSON INTO LIFE: REFLECTIVE LISTENING



Time: 10 minutes

Materials:

Video 12: "Listening a Person into Life: Reflective Listening"

Instructions:

Introduce video segment.

Sample Introduction:

In this final video, we are invited to understand reflective listening more deeply. When we engage in reflective listening, we act as a mirror that allows the other person to better understand her own feelings and uncover the fears, anxieties, and joys deeply hidden in her heart. With reflective listening, we listen without evaluation or judgment, and in a manner that supports another in her journey.

As participants view the video, it may be helpful to pause briefly after each of the example conversations to discuss the elements of reflective listening and identify barriers. You might ask the following questions:

First conversation:

- *In what ways did Martha make the conversation about herself rather than Patricia?*
- *Did Martha appear to be listening or distracted?*
- *What kind of advice did Martha give? Did it seem helpful or well-received?*
- *In what ways did Martha show judgment?*
- *How did Martha wrap up the conversation?*
- *How did Patricia respond to the conversation?*

Second conversation:

- *How did Martha demonstrate reflective listening?*
- *What kind of advice did Martha give? Did it seem helpful or well-received?*
- *In what ways did Martha reflect the goodness of Patricia back to her?*
- *How did Martha wrap up the conversation?*
- *How did Patricia respond to the conversation?*

NOTES

INDIVIDUAL REFLECTION

Time: 15-30 minutes

Space: Church, if possible, or a quiet place for reflection.

Materials: *INTO LIFE: Love Changes Everything* Participant Guide

Instructions: Transition to period of personal reflection.

Reminders:

Remind participants that this time is for their personal reflection and that they are not required to answer every question or reflect on every Scripture passage, but should follow the promptings of God.

Suggested Scripture passages and questions are offered as aides to prayer.

Space for note-taking and journaling is provided in the *INTO LIFE: Love Changes Everything* Participant Guide.

SCRIPTURE FOR REFLECTION

PROVERBS 20:5

“The purpose in a man’s mind is like deep water, but a man of understanding will draw it out.”

PROVERBS 18:13

“If one gives answer before he hears, it is his folly and shame.”

MATTHEW 7:12

“So whatever you wish that men would do to you, do so to them; for this is the law and the prophets.”

REVELATION 3:22

“He who has an ear, let him hear what the Spirit says to the churches.”

REFLECTION QUESTIONS

1. Was there a word, phrase, or idea that resonated with me? That was new to me?
2. Sister Amata Filia says that we don't always need to solve a problem or have an action step at the end of a conversation. Some conversations may just be about venting—a time that gives a person a sense that she isn't alone. Who do I turn to when I need to vent? How does venting to that person make me feel?
3. How do you typically respond when you're facing a big problem or challenge? Are there any techniques you've found helpful in resolving major life obstacles or challenges? Think about an experience in which a conversation with another person helped you discover and articulate your own thoughts and feelings. How did this experience help you understand yourself more deeply? How did it help you understand the situation and help you move forward? How exactly did that happen in the course of the conversation?
4. What listening skill(s) do I want to focus on in my daily conversations with others?
5. What areas of authentic listening can I work on in my own prayer life—my dialogue with God?
6. Take a moment to pray again the prayer from the end of the video:
*Thank you, Lord, for the gift of our capacity to listen.
Thank you for the gift of being heard and understood, by others, and by you.
Help us to give the gift of ourselves in really listening to others, to reverence them and communicate to them your love and their infinite worth.
Help us to train the ears of our heart by listening to you in prayer, by steeping ourselves in your love for us so that we can give that same love to every soul we encounter.
Amen.*
7. Is there a fruit from my prayer that I would like to share with others?

Reflect

To briefly state, in our own words, the speaker's thoughts and feelings, without evaluation or judgment.

1. Identify the Problem
2. Clarify the Goal
3. Ask for Their Ideas
4. Provide Input and Resolve

NOTES

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Authentic listening
makes true
dialogue possible.

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DISCUSSION

After a period of personal reflection and prayer, participants re-gather as a large group for sharing and discussion.

Time: 15-30 minutes

Materials: *INTO LIFE: Love Changes Everything* Participant Guide

Instructions: Facilitator transitions to group discussion. Offer conversation guidelines, if using them.

Reminders:

Remind the group to maintain confidentiality. All comments and stories should stay within the group.

Remind participants that they are encouraged, but not required, to share.

DISCUSSION QUESTIONS

1. Is there a fruit from your prayer that you would like to share with others?
2. Sister Gianna Marie clarifies that reflecting is low risk because if we are wrong, the other person will likely correct us. How might this understanding of reflective listening give you the freedom to listen authentically?
3. Why is it so important to withhold judgment and act as a mirror for the other person?
4. How have these videos on listening inspired you to listen to others in a new way?

WRAP-UP QUESTIONS

Because this is the final session, it is recommended to take a few moments to allow participants to debrief their experience of the program, articulate new insights, and reflect on their growth. The questions below are provided as aides to reflection. The facilitator may want to include the wrap-up questions in the general discussion time or may want to transition to a new moment for the wrap-up discussion.

1. How has this program changed your understanding of what it means to live the charism of life?
2. Has this program deepened your understanding of the experience of women in unplanned pregnancies? How?
3. How has this series inspired you to uphold life in a new way?
4. Has this experience impacted your own personal relationship with God? In what ways?
5. Has participating in this program changed the way you see yourself, others, and God?

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Reflective listening
is an expression of
empathy.

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CLOSING

At the end of the wrap-up discussion, the facilitator should thank the participants for their sharing and their involvement in the program, and ask participants to complete the online survey. The facilitator may also ask if there are any final questions, comments before concluding the program in prayer.

CLOSING PRAYER

*Jesus, we praise and thank you for your goodness and mercy.
We ask for an outpouring of your Spirit upon the whole world.
We pray that every person may powerfully encounter your love today,
and that all will come to know that life is a gift to be cherished and
protected. May our words and actions ever reflect your presence
and the deep goodness of those we encounter.*

*We ask this in your name as we pray: Glory be to the Father, to the Son,
and to the Holy Spirit, as it was in the beginning, is now, and will be forever.*

Amen. Our Lady of Guadalupe, Mother of Life, pray for us.

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