



ACTIVE LISTENING QUIZ

ELIZABETH'S GRIEF

Diego's friend, Elizabeth, has been acting oddly at school. Recently she's easily agitated, and less playful and energetic. Sometimes she seems normal, but often she claims to be too tired to participate in activities with their friends. Her friends are aware that Elizabeth's Grandmother, whom she was very close with, recently passed away, however, none of her friends know what to say to her about it so they don't ever bring up the topic. Eventually, Diego decided to sit down and talk to Elizabeth about what was going on, hoping to understand why she wasn't acting herself.

INTERACTION 1

Elizabeth: I'm angry and exhausted. It's like my body aches. No matter how much I sleep, I feel tired.

Diego: Maybe you just need some coffee. Let's get some coffee, you'll feel better.

Elizabeth: I don't think so. I get enough sleep. I think I just...it's nice to be able to talk to you. Nobody wants to talk about it so it makes it harder to be around everyone, you know? Like I'm acting.

Diego: Just ignore them, they're losers. You're just having a tough week, that's all. You should try crying, letting it all out. You'll feel better.

Elizabeth: I don't know. I don't really feel like crying. I'm just tired of being alone all the time.

Diego: Try not to be negative; things will get better.

Is this Active or Non-Active Listening

INTERACTION 2

Elizabeth: I'm angry and exhausted. It's like my body aches. No matter how much I sleep, I feel tired.

Diego: You've got a lot going on right now; do you think it's wearing you out physically?

Elizabeth: Yes, maybe. I get enough sleep though. I think I just...it's nice to be able to talk to you. Nobody wants to talk about it so it makes it harder to be around everyone, you know? Like I'm acting.

Diego: Yeah, it must not be easy to be around people who'd prefer to ignore what's going on with you.

Elizabeth: It is. It's like nobody is okay with me just being sad, but I don't want to be alone all the time so I have to act normal in order to be around our friends. Nobody can make it better, but that doesn't mean they have to ignore it.

Diego: It seems like you're exhausted with having to pretend like everything is normal. I'm sorry that you have had to deal with all of this alone. If talking about it helps the most, I'm here for you.

Is this Active or Non-Active Listening



(NOT) JUST FRIENDS

Lewis and Evan are seniors in high school and have been dating for over a year. During an outing to a local carnival, the couple ran into the parents of an old childhood friend of Evan's. The parents were very friendly and reminiscent of Evan as a child. Evan politely introduced the parents to Lewis, however he introduced Lewis as his "good friend" instead of his boyfriend. While Lewis went along with it in the moment, Evan's introduction really upset him. On the walk home Lewis attempted to talk to Evan about what happened.

INTERACTION 2

Lewis: Earlier, when we ran into your friend's parents, why did you introduce me as your "good friend" instead of your boyfriend? They seemed nice; I don't see why you couldn't have been honest.

Evan: Sorry about that, it's not a big deal. We'll probably never see them again anyway.

Lewis: It's a big deal to me. It makes me feel like I'm not an important part of your life. I always introduce you as my boyfriend, because that's what you are to me: more than just a friend.

Evan: Okay, I get it. Next time I'll say you're my boyfriend.

Lewis: That's not what I'm saying. It's not just calling me your "boyfriend," it's what that stands for. It's a bigger issue than that. I want us to be even.

Evan: Me, too. I think we're even. It's really not that big of an issue; don't worry about it. By tomorrow those people won't even remember they ran into us.

Is this Active or Non-Active Listening

INTERACTION 2

Lewis: Earlier, when we ran into your friend's parents, why did you introduce me as your "good friend" instead of your boyfriend? They seemed nice; I don't see why you couldn't have been honest.

Evan: Sorry about that, I wasn't trying to be dishonest, I just got nervous and said the wrong thing. Are you, all right?

Lewis: Honestly, it makes me feel like I'm not an important part of your life when you introduce me as a friend. I always introduce you as my boyfriend, because that's what you are to me: more than just a friend.

Evan: I understand. You are an important part of my life; I didn't mean to make you feel less than that. It was an accident, but it doesn't mean that our relationship isn't important to me.

Lewis: Thanks; I just want to know that we're equally invested. It's not just a title to me; it's what it stands for.

Evan: I agree, and I can tell this is really important to you so I'll do my best to respect that in the future. You're important to me and I don't want you to feel like I'm afraid to show that.

Is this Active or Non-Active Listening