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. 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. 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

Guarding Your Heart = Responsibilities

#2a (Prov. 4:23)

I feel ______________ about ______________ because ____________________.

#3 I need ________________.

#4 My next steps are ________________.

7 Desires of the Heart
• Heard and Understood
• Affirmed
• Blessed
• Safe
• Touched
• Chosen
• Included
“Above all else, guard your heart for out of it flow the issues of life.” – Proverbs 4:23

The categories listed below are synonyms for the word “heart.” Because these areas greatly influence our lives the Lord commands that we take responsibility for protecting them. Ask the Holy Spirit to reveal any area where you may be avoiding responsibility. Make a note in the appropriate box indicating “how” and/or “why” the challenge affects you. Share your findings with the Lord and others who are safe. Congratulations! You’re making steps to become intimately known!
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FEELINGS

Role in motivation and behavior, not to be ignored or in charge. Own them and be aware.

THOUGHTS

Own thoughts, grow, expand your mind. Clarify distorted thinking, check out where we might be wrong.

VALUES

We won’t guard what we don’t value. Take responsibility for what we value.

LIMITS

On others, our own internal limits. Limit exposure to poor behavior. Allow feelings w/o acting on them.

ATTITUDES

Disposition, orientation or stance toward something or someone. Learned early in life.

BEHAVIORS

We reap what we sow. Problems arise when laws of sowing/reaping are interrupted.

BELIEFS

Anything that you accept as true.

TALENTS

Use talents and gifts. Confront fear. Try your best. Not confronting fear denies God’s grace.

CHOICES

Responsibility for choices leads to self-control. You may be denying choices you could be happy with.

DESires

True desires vs lusts. Knowing real desires requires to be in touch with who we really are.

LOVE

Giving/receiving love. Heart - trust muscle, needs exercise; injured it will slow down, weaken.