

<b>Child Says</b>	<b>Child is Feeling</b>	<b>You Say to Active Listen</b>
I suck at basketball. I should quit trying.	disappointed	You feel disappointed for not making that shot?
I'm not having any fun.	Lonely, sad	Sounds to me like you feel sad in this game.
I can't think of anything to do.	bored	Are you bored right now?
I hate school.	frustrated	You really hate school at this time of year.
My teacher gives us too much homework.	overwhelmed	Your teacher is giving you too much homework and you feel overwhelmed with it all.
All the kids went to the beach. I have no one to play with.	Lonely, left-out	You are feeling left-out because everyone else went to the beach.
I shouldn't have been so mean to Jessie.	guilty	You are feeling guilty for how you think you treated Jessie?
I'm old enough to go by myself.	Mis-understood	You feel responsible enough to go.
Math is too hard. I'm too stupid.	frustrated	Math is frustrating you a lot right now.
Nobody cares about what I think about the situation.	Mis-understood, sad	You are feeling sad that your voice is not heard?
I don't want to do an oral presentation.	Scared, worried	An oral presentation scares you right now?
I never want to play with Jared again. He's mean.	angry	You are angry at Jared for some reason...maybe he is being mean?
I don't want to go to college, but my parents insist.	Mis-understood, pressured	You are feeling pressured to meet your parent's standards and wishes?
My pants are too short.	embarrassed	Your pant length is causing you embarrassment.
My Dad drinks too much.	Wistful, worried	You are worried about your Dad's behaviour?
Life isn't worth living. No one would miss me.	hopeless	You are feeling hopeless about life? Are you thinking of hurting yourself?

<b>Adult Says</b>	<b>Adult is Feeling</b>	<b>You Say to Active Listen</b>
My child has too much homework and we have no family time.	Worried, angry, Mis-understood	You are worried about preserving family time, yet find that the kids bring home too much homework?
My son is failing math.	worried	You are pretty worried about your son.
I want my daughter to go to university but she refuses.	Worried, upset, sad, angry	You seem upset and sad that your daughter is choosing not to go to university.
My boss loads too much work on me.	overwhelmed	Your workload is overwhelming for you right now.
My partner thinks our house isn't clean enough.	Mis-understood	You feel mis-understood about expectations in keeping the house tidy?
I need some self-care time.	overwhelmed	You are feeling overworked?
My students are rude to me.	Unappreciated, disrespected, hurt	Could it be that you are feeling disrespected by your students this year?
I don't have enough time to teach everything.	overwhelmed	Sounds to me like you are feeling overwhelmed by the years workload.
My child feels left out of recess play with other kids.	Sad, hurt	You seem sad that your child is feeling left out of play time.
I sometimes regret choosing teaching as a profession.	Wistful, regretful	Sometimes you wish that you never began a career in teaching.
Sometimes life just takes too much effort and no one really cares.	hopeless	You are feeling hopeless about life? Are you thinking of hurting yourself?