

Gift of Discernment (G.O.D.) LLC

Personal Development Workbook

Active Listening: The Key to Understanding and Connection



Course Overview

Purpose: To strengthen emotional intelligence, communication, and empathy through the power of intentional listening.

Learning Goals:

- Recognize the difference between hearing and listening.
 - Identify and overcome barriers to understanding.
 - Practice empathy, reflection, and discernment in daily communication.
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Section 1: Understanding Active Listening

Definition: Active listening is the conscious effort to hear, understand, and respond with empathy. It's listening not just with your ears, but with your heart and mind.

Scriptural Focus:

"Let every person be quick to hear, slow to speak, slow to anger." — James 1:19

Reflection Question:

What does this scripture mean to you personally when you think about your conversations?

Fillable Space:



Section 2: Barriers to Listening

Common Barriers:

- Interrupting or finishing sentences for others
- Thinking of what to say next
- Making assumptions
- Multitasking
- Emotional defensiveness

Activity:

Identify two barriers you often experience in your communication.

Fillable Space:

1. _____
2. _____

Reflection: How can you overcome each barrier this week?

Fillable Space:

Section 3: Levels of Listening

1. **Ignoring** – Not paying attention at all.
2. **Pretending** – Acting like you're listening but distracted.
3. **Selective Listening** – Hearing only what you want to hear.
4. **Attentive Listening** – Focusing on the words.
5. **Empathic Listening** – Listening with intent to understand feelings and meaning.

Exercise:

Think of a recent conversation. Which level were you using?

Fillable Space:

Growth Challenge: How can you move one level higher next time?

Fillable Space:

♥ Section 4: Active Listening Techniques

Practical Tools:

- Maintain eye contact and open posture.
- Reflect back what you heard: “What I’m hearing is...”
- Ask clarifying questions.
- Avoid judgment.
- Summarize key points to confirm understanding.

Activity:

List three listening techniques you can start practicing today.

Fillable Space:

1. _____
 2. _____
 3. _____
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🌱 Section 5: Emotional Intelligence & Discernment

Insight: Active listening requires emotional intelligence — the ability to recognize, understand, and manage your emotions and others’ emotions.

Scriptural Reflection:

“He who has ears, let him hear.” — Matthew 11:15

Reflection Questions:

- How does your emotional state affect your ability to listen?
- How can discernment help you respond with wisdom instead of reaction?

Fillable Space:

🧩 Section 6: Real-Life Application

Scenario Practice:

Think of a current relationship — personal or professional — where listening could improve connection.

1. What challenge exists in that relationship?

2. How might active listening change your approach?

3. What will you do differently moving forward?

✨ Section 7: Your Listening Growth Plan

Action Steps:

1. This week I will practice listening to others without interrupting.
2. I will pause and repeat back what I've heard before responding.
3. I will journal my progress and celebrate small improvements.

Commitment Statement:

I commit to being an active listener — hearing with my heart, responding with grace, and growing in discernment.

Signature: _____ Date: _____

🌸 Closing Reflection

“Listening is an act of love. When you listen, you give others the space to be seen, heard, and healed.”

Thank you for taking this journey with **Gift of Discernment (G.O.D.) LLC**.

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