



## Listening with an Answer in Mind

Ask the person who is talking to think of something that he/she is thinking of changing in his/her life. You will have 5 minutes to discuss this issue together.

Your role is to guide the discussion with the following questions and statements:

- What do you want to change?
- Here's what helped me... \_\_\_\_\_. How about if you try that?
- Someone else I know did this... \_\_\_\_\_. Maybe this would work for you?
- Well, let's see, here are some good ideas... \_\_\_\_\_
- It can be hard, but you got to just push through it.
- You can do it? I am sure you can!
- Maybe you are not trying hard enough?