

# Journa l#4



**ASSIGN  
BUSTER**

Active Listening Active Listening ME: I have said that I am coming short of all my education goals IG: What could possibly be wrong in your studies?

(Expansion)

ME: I think that peer pressure could be my main undoing. I usually hang out with my friend all the time even during the hours I have dedicated for personal studies

IG: Why is it so hard for you to resist the luring of your friends? (Expansion)

Me: Uhhhhhh! (Silence)

IG: You give the impression that you do not know how to stick to your priorities (Reflection)

ME: Maybe the blame is partly on me but also from other quarters.

IG: What exactly do you mean when you say that the blame maybe from “other quarters”

(Clarification)

ME: I mean that my friends have a part to play in this. They can't seem to leave me alone to study. They keep popping up everywhere I go.

IG: Would you consider shedding more information on that. (Expansion)

ME: It's okay. I think they find the stories and experiences I share with them very fascinating.

That's why they always want me to be around.

IG: uh (Silence)

ME: I have always liked to be around my friends.

IG: So, you choose your friends at the expense of your studies? Is that the case with you? (Reflection)

ME: Not really.

IG: What really happens with you, your friends and your studies?

(Clarification)

ME: I think I lack self-control. That is why I allow myself to be diverted away from my studies.

IG: That is quite a bold acknowledgement about the failure on your part.

Would you mind saying more? (Expansion)

ME: It is fine with me; I have realized that I have to take an initiative and work to define my life for the sake of my future.

IG: That is quite a handful. What do you imply by saying “ initiative?”

(Clarification)

ME: I simply mean that I am obligated to control whatever happens in my life especially in my studies.

IG: You seem very concerned particularly for your academic performance.

(Reflection)

ME: Exactly, that is the sole reason I am in school

IG: Good, you know where you are headed and you are taking caution all the way.

ME: Yes

In the course of active listening in a conversation with inner Guide, I have learnt that there are certain benefits that accrue. They include in depth scrutiny of the choices one makes. Through the listening skills incorporated in the inner guide, one can be able to reflect on issues in mind, seek clarification for an issue as well as expand the details of the issue in mind. In the long run, a person can be able to ponder on the various thought circulating the mind. Consequently, the application of conversing with the inner guide is bound to help in decision making. An individual does not make

fast and poorly thought decisions. Intelligence is high on the people who practice random conversation with inner self. It is a contributing factor to making of good decisions devoid of repercussions.

From the experience I have gained in the above episode of conversing with inner guide, I find it highly recommendable to all individuals who are willing to observe some positive levels of mental development. It is certainly a worthwhile exercise.

#### Work cited

Rogers, Carl R, and Richard E. Farson. Active Listening. Chicago: Industrial Relations Center,  
The University of Chicago, 1957. Print.