

Guided Discovery Worksheet: Listening

When we develop mutually beneficial relationships with people who are different from ourselves, we not only develop empathy and compassion, we can also learn more about what it's like to experience the world from their point of view. If you are a parent, caregiver, or friend to someone with a disability, try asking these questions to learn more about how disability impacts their life.

What do you love? What's important to you?

What frustrates you?

How do you communicate feelings of love and frustration? Words? Behavior? Both?

What do you like most about yourself?

What do you dislike most about yourself?

What would you change about me?