



Life Circles
LivingStonesCenter.org



NOTICING ...

MY EMOTIONS

Happy | Sad | Angry | Frustrated | Surprised | Anxious | Confused

BODY RESPONSES

Thoughts

- Agreement/disagreement with speaker
YES | NO | NOT SURE ... THINKING
- Thoughts of past experiences (JOT QUICK NOTES)
- **Questions or clarifications needed** (FOR FURTHER DISCUSSION)
- Assumptions made about the topic or speaker

RESPONSES

I noticed that I wanted to ...

I felt like I ...

I think I ...

PERSONAL VALUES AND BELIEFS

- Connected to my personal values
- Challenged my beliefs
- Noticing that this might be from cultural influences



Life Circles
LivingStonesCenter.org



NOTICING ...

MY COMMUNICATION STYLE

Listening actively | Feeling the urge to interrupt | Desire to share my personal experiences | Feeling disconnected | Feeling threatened

MY OVERALL MOOD

Positive | Neutral | Negative

GENERAL NOTES TO NOTICE:

Additional Observations:

- What stood out in the conversation?
- How did the discussion affect my mood?
- Any recurring themes in my reactions?

THIS SHEET IS A PRIVATE TOOL TO HELP YOU NOTICE DURING CONVERSATIONS AND DISCUSSIONS. USE IT IN A WAY THAT WORKS FOR YOU. USE THE BACK TO JOT DOWN THOUGHTS THAT YOU'D LIKE TO REVISIT AND PROCESS.