

Conscious Completion, Inc. \* Joint Session Form for work with Laurel.

Session Date/Time: \_\_\_\_\_ Call: 425-572-0224 at your session time.

**This is for you to keep, use between sessions and bring to your session to refer to. During the session pls mention when you feel triggered so we can do a clearing to ease the session process.**

Current questions and/or concerns you want resolved or cleared:

What are the ways you like to receive love, respect, and care?

Do you feel loved/respected/cared for in this relationship? When?

When do you not feel loved/respected/cared for? What is happening? What needs to happen different?

Reflective listening helps us all feel heard. In reflective listening each person takes a turn addressing the agreed upon issue while the other paraphrases. The listener listens with compassion and interest allowing the full expression from the communicator. The communicator states their feelings, thoughts, judgments, understandings, and desired outcome/action plan. Each person has the opportunity to fully communicate in a tactful, forthright manner. Practicing this with each other grows love and connection. What are the issues you need reflective listening with? When is it wise for you to provide it?

Issue #1 (pls use back of this paper or separate paper for additional issues):

Thoughts:

Judgments:

Understandings:

Feelings:

Wants:

Action Plan:

Any questions you have for me?