NEW DAY RECOVERY

Session 46 Handout

Listening Like a Leader

From Session 46. Questions open; verdicts close.

Name: _____ **Date:** _____

The three peer listening moves

- **Open question — cannot be answered yes or no. "What is the hardest part of tonight for you?"**1. Ask:
- **Reflection — hand their meaning back slightly clearer. "So the cravings hit hardest after your brother calls."**2. Reflect:
- **Summary — let them hear their own reasons for change. End with their next step in their sentence: "So tonight you will call your sponsor before dinner — did I get that right?"**3. Summarize:

The opposite is the righting reflex: it argues, warns, and fixes — and reliably produces a defense of the very behavior it attacks. In a peer conversation: no advice, no story-swapping.

My conversation log

The best reflection I offered:

The next step they named, in their words (with their permission):

Homework: hold one real peer conversation this week using the three moves.