

*Becoming an Evocative Coach Practice Guide*  
Chapter 4: Activity 7

**Activity 4.7 Compassionate Listening Interview:** Interview someone about a difficult experience. Complete the chart that follows as you listen.

What happened?

The story I ' m Telling Myself (evaluations)

The Heart of the Matter feelings and needs)

Connection Requests. For example, *Is there more you would like me to hear? Would you be willing to tell me what you hear me saying? Would you be willing to tell me what comes up for you when you hear me say this?*

Action Requests. For example, *Would you be willing to?*