

## EXERCISE 5

# LISTENING, FOLLOWING, NARRATING

*“Can I be strong enough as a person to be separate from the other? Can I be a sturdy respecter of my own feelings, my own needs, as well as his? Can I own and, if need be, express my own feelings as something belonging to me and separate from his feelings? Am I strong enough in my own separateness that I will not be downcast by his depression, frightened by his fear, nor engulfed by his dependency? Is my inner self hardy enough to realize that I am not destroyed by his anger, taken over by his need for dependence, nor enslaved by his love, but that I exist separate from him with feelings and rights of my own? When I can freely feel his strength of being a separate person, then I find that I can let myself go much more deeply in understanding and accepting him because I am not fearful of losing myself.”*

*Carl Rogers*

### 1. Get to know the client's perspective of looking at problems.

- how the client views his problems,
- how he experiences them,
- as he sees their causes....

### 2. Build your perspective.

- how do you look at his problems
- do you understand his point of view
- can you feel his emotions
- do you engage in his story ...

### 3. Combine both perspectives.

- what is common in both perspectives,
- how do they differ,
- can you find even more in common ...

### 4. Hear the client's expectations.

- what expectations does the client have for you
- what are the expectations of the client regarding the situation in which he has found himself ...

### 5. Define your expectations.

- what do you expect from the client, from the situation, from other people ...



- how can you make the client's expectations real ...

## 6. Commonality of expectations

The sharing of your expectations will motivate you (him and you) to work together.

# QUIZ 5

Commonality of expectations between the psychologist and the client concerns:

1. building a common narrative
2. motivating for therapy
3. attitude of respect for the client
4. they are all true

