

Role-Playing Scenario: Asking with Deep Attentiveness

Scenario: You are a peer support specialist meeting with a client who has recently experienced a significant loss in their life. Your goal is to demonstrate deep attentiveness and empathy as you engage in a conversation with the client about their grief and emotions.

Role-Playing Instructions:

- Participant A: Peer Support Specialist
- Participant B: Client

Peer Support Specialist (Participant A) Tasks:

- Begin by creating a calm and supportive atmosphere for the client to feel comfortable opening up.
- Practice deep attentiveness by actively listening to the client's words, tone, and body language.
- Ask questions that show genuine interest and understanding of the client's experiences and emotions.
- Offer validation and empathy as the client shares their thoughts and feelings about their loss.

Client (Participant B) Tasks:

- Role-play the client who has recently experienced a significant loss.
- Share your thoughts, feelings, and experiences related to the loss when prompted by the peer support specialist.
- Express your emotions authentically and engage openly in the conversation.

Sample Questions Demonstrating Deep Attentiveness:

1. "I can only imagine how difficult this must be for you. Can you tell me more about what you're feeling right now?"
2. "How has this loss impacted your daily life and routines? Are there specific challenges you've been facing?"
3. "What memories or aspects of your relationship with [person lost] are most important to you?"
4. "It sounds like you're experiencing a range of emotions. Can you describe what those emotions feel like for you?"

5. "Is there anything specific you need or would find helpful as you navigate through this difficult time?"