**The L. I. S. T. E. N. Process in Action**

Look for the facts  
  
The exams are coming up, Jennifer wants to do well. She needs to study.   
She’d like to go out with her friends.   
  
Imagine the Possibilities

Ask – what choices does Jennifer have?   
What are the consequences of each choice – for herself? for others?   
  
Seek insight beyond your own

Jennifer talks to her mother who is supportive and understanding.   
  
Turn inwards

Jennifer listens to her own conscience. Her values are reflected in her moral vision.

She values hard work – she tries to keep a revision schedule.

She values truthfulness – she felt guilty about accepting treats from her mother who taught she was studying.

She values self-respect – she wants her family to be proud of her.   
  
She values friendship – she tries to maintain her friendships.   
As a Christian, Jennifer would be aware of God’s presence as she tries to do the right thing.   
  
Expects God’s help

As a Christian, Jennifer would be aware of God’s presence as she tries to do the right thing.   
  
Name your decision

Jennifer makes a decision. She does not put it off. She accepts full responsibility for her actions.