

# The Art of Listening

Lisa J. 6/26/2022

## **What does listening mean to you?**

Paying attention to what another person is saying; being present

Holding space for another person; allowing them to express themselves emotionally; no change/fix

Empathy,  
Suspending my own thoughts

Putting aside my own feelings

Listening without trying to fix what I am hearing; setting aside my own thoughts (prayer is helpful)

Putting down my phone and making eye contact with the speaker

Observing what they are saying with their words and body language

Not trying to come up with a response; just try to understand their perspective;

Letting them speak their mind without making it about me

Being focused on what 's being shared, stay curious, and aware

Being a gentle witness for the person

Letting it sit; not interrupting

### **How does Listening support a healthy relationship?**

Validation through being heard

Being seen, truly being seen is helps me to feel safe in a relationship

Honoring and respecting different opinions and letting them be them.

Understanding. Giving them understanding so that I can get to know them

Not taking things for granted; When someone hears your sincerity; people hear; some people underestimate me;

Makes me be connected with the real other being and not my perception.

Creates more authenticity and safety in the relationship

Validate them and self and experiences you are going through.  
Get to see them for who they are.

Shows a willingness to connect

Fosters equality

Avoids misunderstandings and preconceptions

Creates space for individual growth

Creates vulnerability and authenticity

Promotes intimacy

**What happens when we try to listen and talk at the same time?**

Don't allow a person to say what they have to say when they need to say it; don't feel seen/heard; closes people off.

Vulnerability ceases to exist.

Very rude; physics two things cannot occupy the same place at the same time. If I'm talking I cannot listen.

If talking while another is talking; only interested in hearing your own opinions

We miss things; the important things; things that someone is trying to say but may be afraid to say

It doesn't allow any time for processing; creates confusion on both ends

Feelings get hurt

We don't do either of them well We lose opportunities to connect

Chaos