

Conscious Listening

Commitment is to Getting Inside the Speaker's Experience

Ask Questions:

Tune in to speakers experience and draw them out
as much as they are comfortable

Tell me more about that.

What are you experiencing in your body?

*Is there anything specific that this is related to? Do
you want to talk about that some more?*

What interests you most about that?

Listening for Accuracy:

Listen for the meaning in what the speaker is saying.

Repeat or reflect back what you hear.

Listening for Empathy:

Listen under the words to appreciate the speakers' point of view.

Listening for Mutual Creativity:

After successfully replicating and recreating what the speaker is
saying, you can stand with the speaker and begin to invent new
ways of relating to the situation, problem, or person.

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Examples of Listening Filters to Notice

Listening to Fix

Problem solving the content

Listening to Find Fault

You haven't really...

Listening to Rebut

I don't really believe....

Listening to Minimize

You don't seem....

Listening to Compare

What about me?

Listening to Avoid Conflict

Listening to Be Right

Listening to Hear Whether I Am Liked

Listening to Defend

Listening for:

Criticism

Rejection

Abandonment

Approval