

## **Listening is an art.**

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### **Live Life**

### **Passionately Ever After**

Listening is an art. It is crucial to healthy relationships, particularly with our most intimate ones. Listed below are some behaviors that will improve your ability to listen and be totally available to the conversation. Good listeners...

- Eliminate environmental distractions, (i.e. telephones, loud noises, computers and televisions.)
- Focus on the communicator's eyes, energy, body language and mouth.
- Avoid defensiveness and do not make everything about them.
- Validate what they hear, including emotions, even if they do not agree.
- Do not try to "one up them".
- Eliminate critical judgment and avoid minimization or put-downs.
- Respond non-verbally while listening such as nodding understanding.
- Control their thoughts of response until the speaker has finished.
- Empathize with the speaker, demonstrating understanding and compassion.
- Allows "pregnant pauses" and avoids interrupting the speaker's thought process.

God gave us two ears and one mouth. Coincidence or an indication of importance in healthy relationships? Strengthen your listening skills and the quantity and quality of your relationships will grow.

For additional assistance with the passion in your life, relationships or career, call...

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*At*

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