

Learn to

LISTEN:

**exercises to
recalibrate your
ability**

from **THE LOST ART OF LISTENING** by Nichols



PICK THREE PEOPLE YOU SEE REGULARLY

WRITE DOWN WHAT YOU EXPECT THEM TO SAY TO YOU.

WRITE HOW YOU USUALLY RESPOND

A large, empty rectangular area with a dotted border, intended for writing responses to the prompts above.

HOW COULD YOU SET ASIDE THOSE EXPECTATIONS TO HAVE A MORE IN-DEPTH CONVERSATION THE NEXT TIME YOU SEE ONE OF THOSE PEOPLE?

A large white rectangular area with a dotted black border, intended for writing a response to the question above.

**A SATISFY
CONVERSATION WITH A
LOVED ONE INVOLVES
TALKING ABOUT OUR
PERSONAL CONCERNS
AND BOTH GETTING A
TURN**





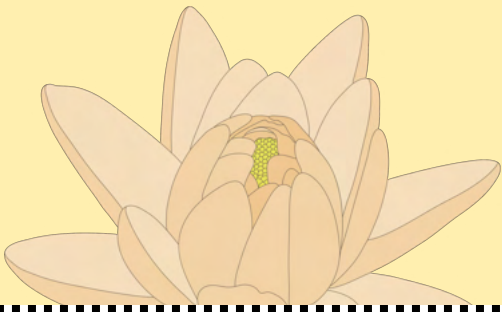
WHAT DID EACH OF YOUR PARENTS DO TO MAKE YOU FEEL THEY WEREN'T REALLY LISTENING TO YOU?

HOW DO THOSE EXPERIENCES EFFECT HOW YOU APPROACH CONVERSATIONS NOW?

HOW COULD YOU APPROACH EITHER OF YOUR PARENTS IN SOME COMPLETELY DIFFERENT WAY THE NEXT TIME YOU'RE IN TOUCH WITH THEM?

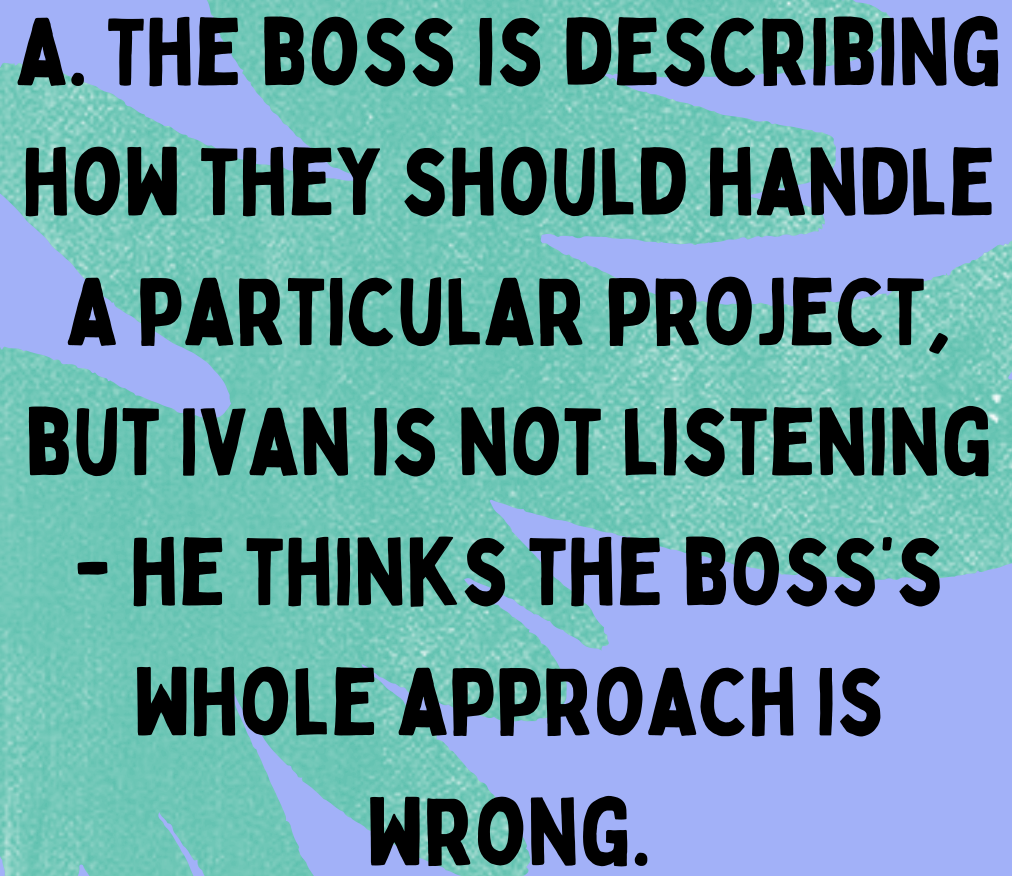


WHAT MAKES YOU AFRAID TO TRY DOING THIS?



A large, empty rectangular area enclosed by a dotted black border, intended for writing a response to the question above.

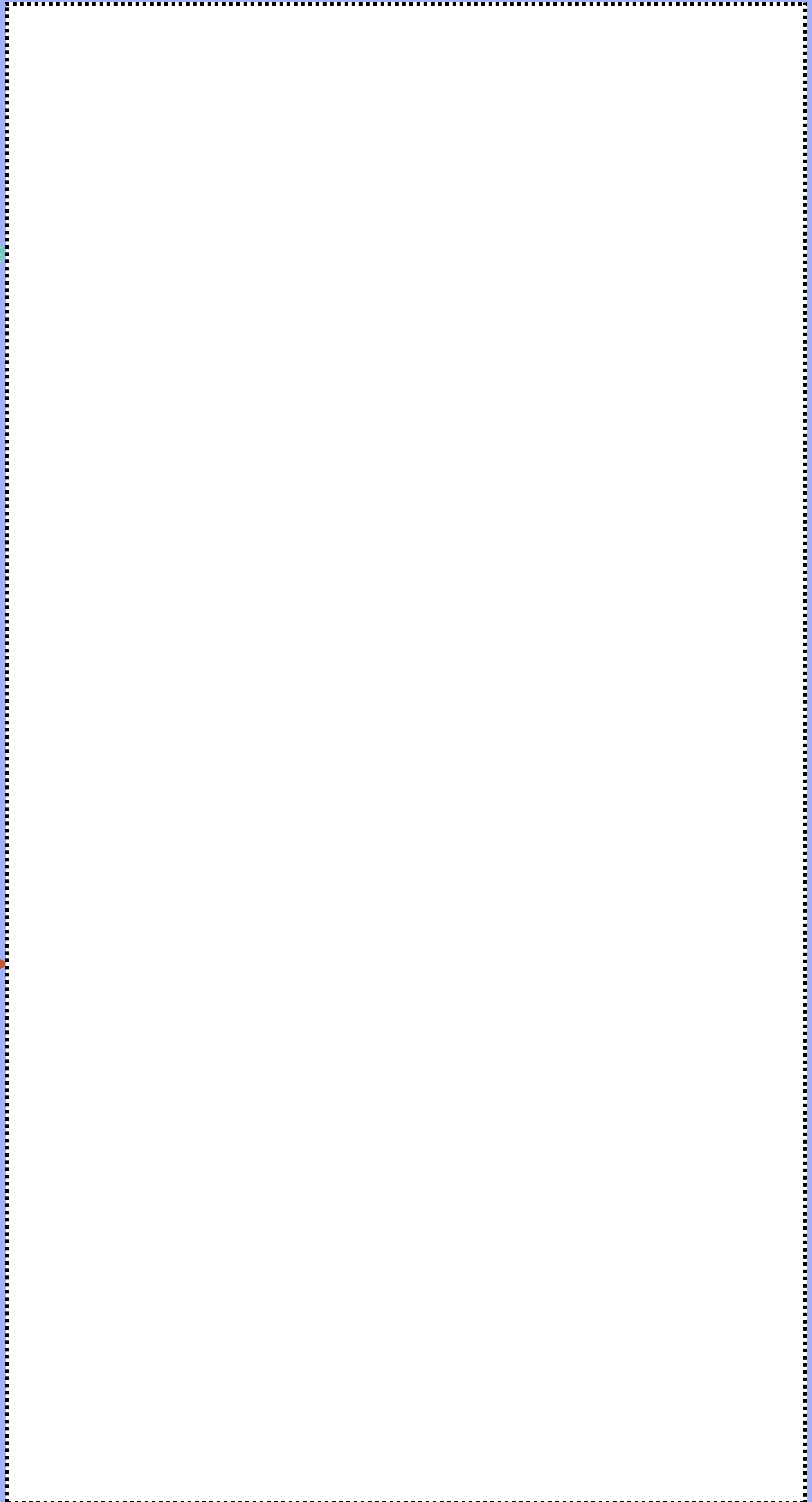
TRY TO IDENTIFY AND PERSONIFY THE DEFENSIVE PARTS (FEARFUL, ANGRY, HURT) THAT INTERFERE WITH LISTENING IN THE FOLLOWING EXAMPLES:



A. THE BOSS IS DESCRIBING HOW THEY SHOULD HANDLE A PARTICULAR PROJECT, BUT IVAN IS NOT LISTENING - HE THINKS THE BOSS'S WHOLE APPROACH IS WRONG.

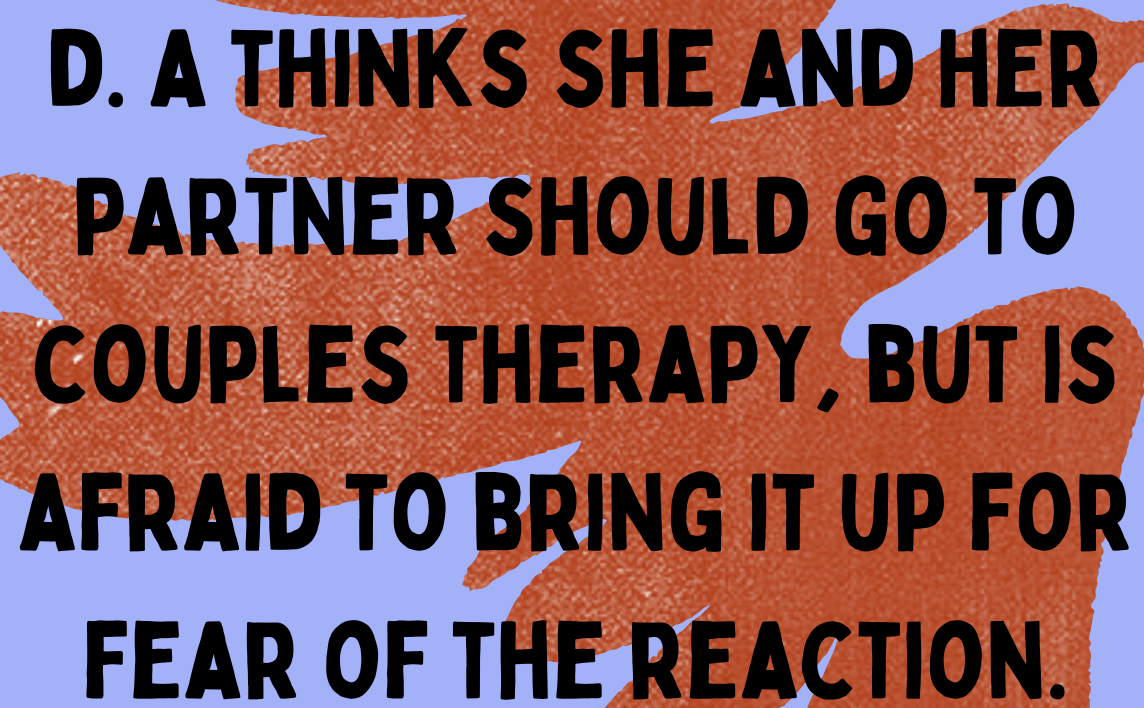


B. TWO FRIENDS ARE EATING LUNCH. ONE FRIEND IS TALKING BUT THE OTHER CANNOT LISTEN BECAUSE OF A PERSON NEXT TO THEM TALKING LOUDLY ON THEIR CELLPHONE

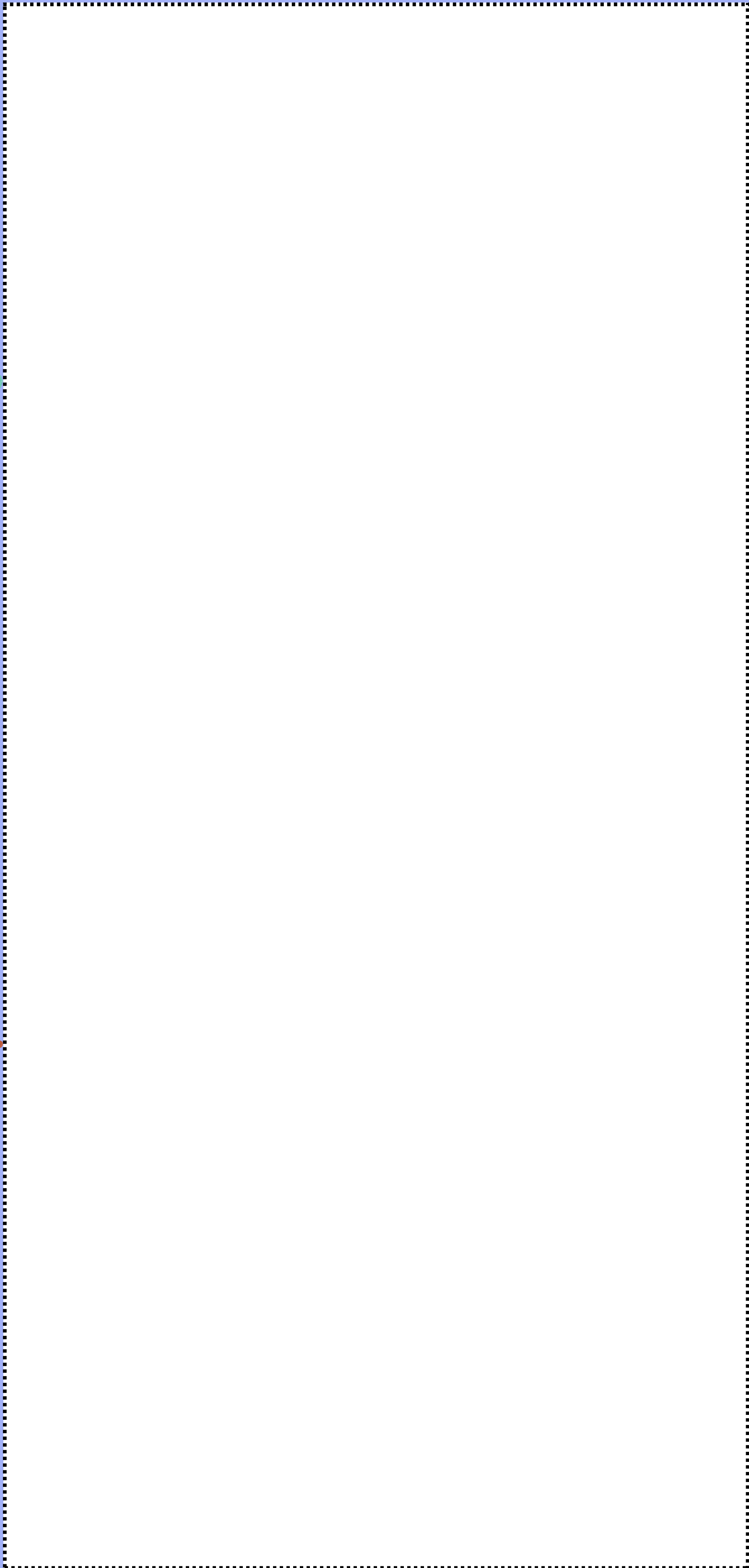


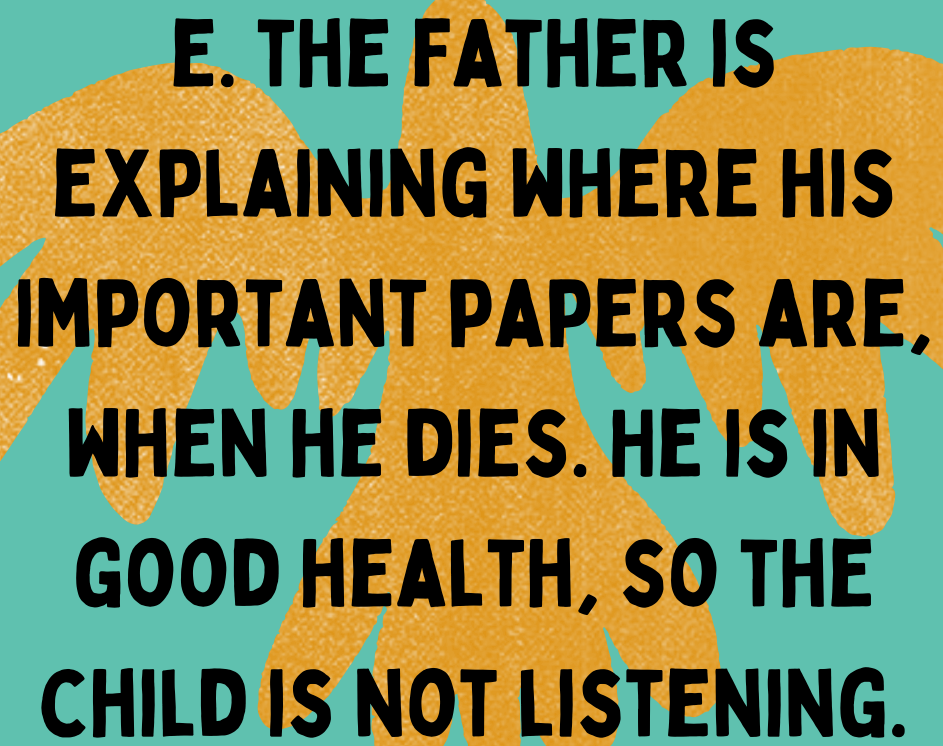
A large, stylized green hand graphic with fingers spread, positioned behind the text.

C. 'CAN I TALK TO YOU?' SAID A. 'NOT NOW, I'M BUSY,' SAID B.

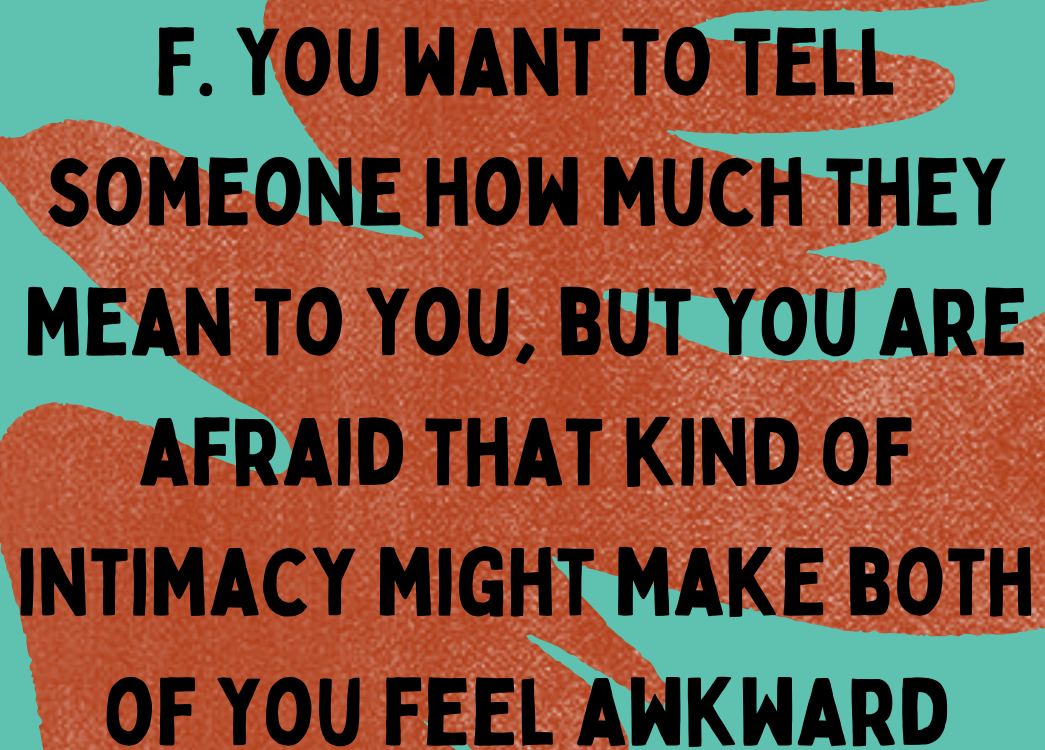
A large, stylized orange hand graphic with fingers spread, positioned behind the text.

D. A THINKS SHE AND HER PARTNER SHOULD GO TO COUPLES THERAPY, BUT IS AFRAID TO BRING IT UP FOR FEAR OF THE REACTION.

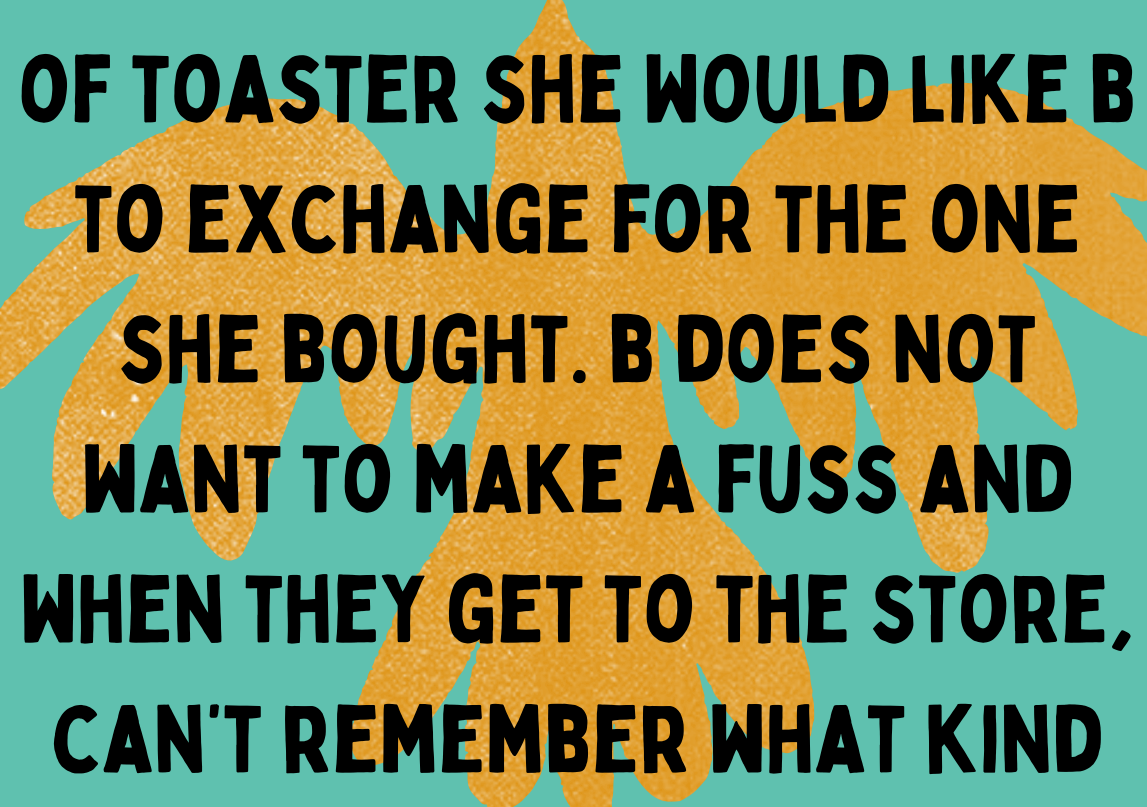




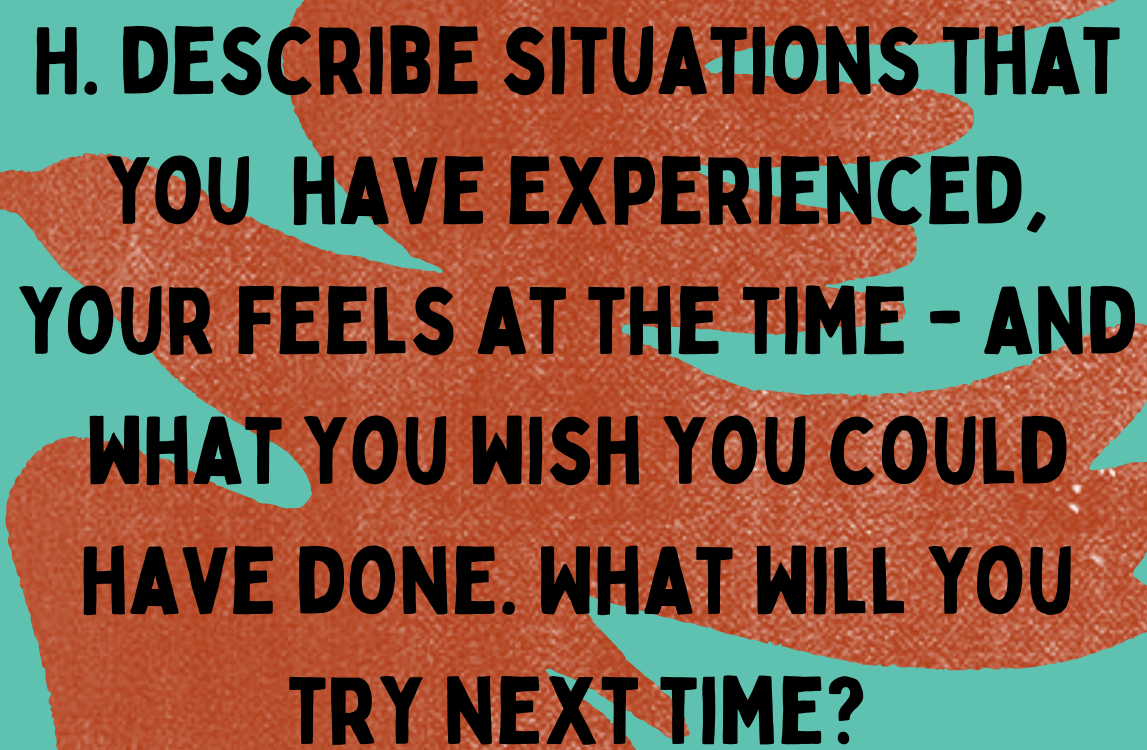
**E. THE FATHER IS
EXPLAINING WHERE HIS
IMPORTANT PAPERS ARE,
WHEN HE DIES. HE IS IN
GOOD HEALTH, SO THE
CHILD IS NOT LISTENING.**



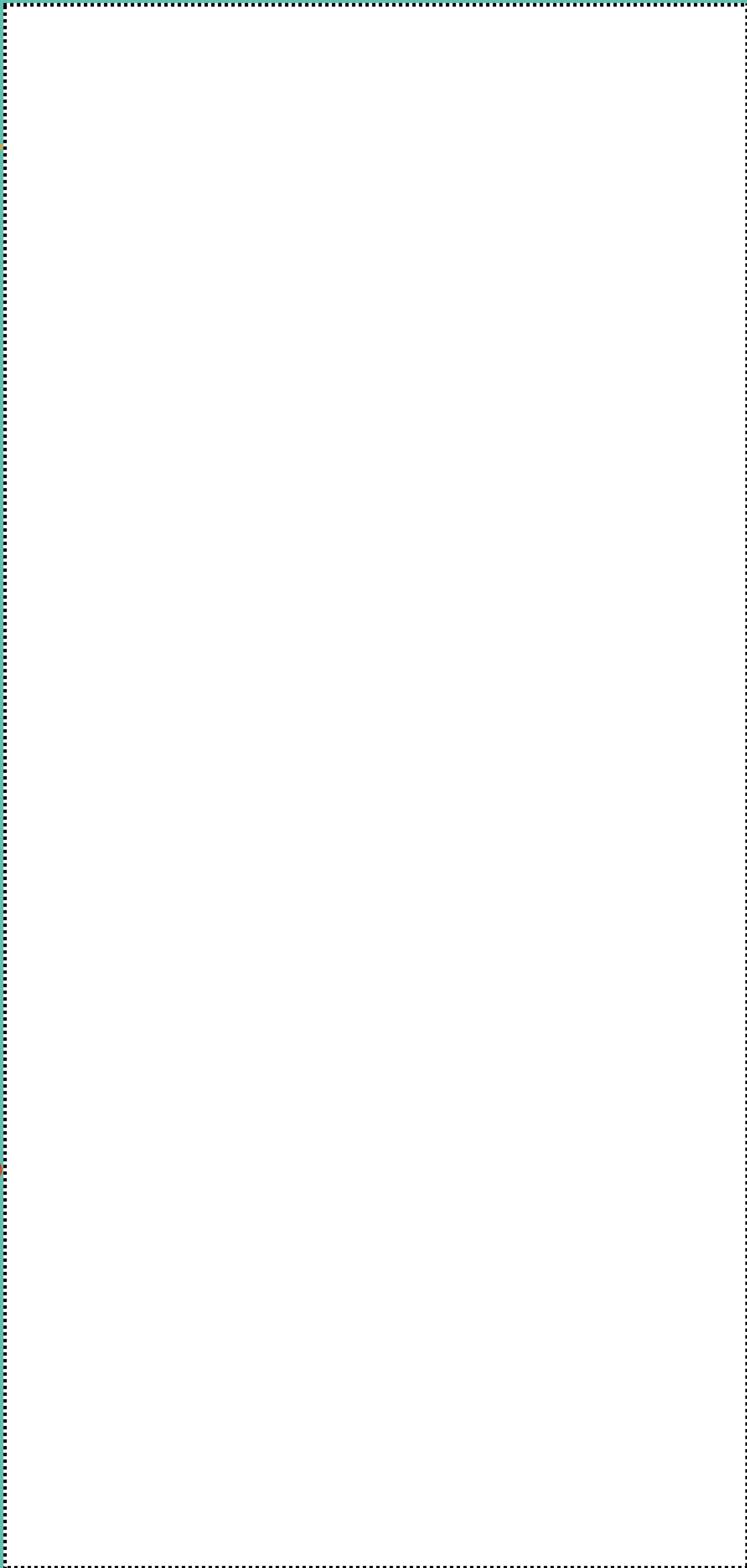
**F. YOU WANT TO TELL
SOMEONE HOW MUCH THEY
MEAN TO YOU, BUT YOU ARE
AFRAID THAT KIND OF
INTIMACY MIGHT MAKE BOTH
OF YOU FEEL AWKWARD**



G. A IS EXPLAINING WHAT KIND OF TOASTER SHE WOULD LIKE B TO EXCHANGE FOR THE ONE SHE BOUGHT. B DOES NOT WANT TO MAKE A FUSS AND WHEN THEY GET TO THE STORE, CAN'T REMEMBER WHAT KIND TO BUY.



H. DESCRIBE SITUATIONS THAT YOU HAVE EXPERIENCED, YOUR FEELS AT THE TIME - AND WHAT YOU WISH YOU COULD HAVE DONE. WHAT WILL YOU TRY NEXT TIME?



THE LOST ART OF LISTENING BY NICHOLS

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