

# Learn to LISTEN



exercises to  
recalibrate your  
ability

from THE LOST ART OF LISTENING by Nichols

# WHO IS THE BEST LISTENER YOU KNOW?

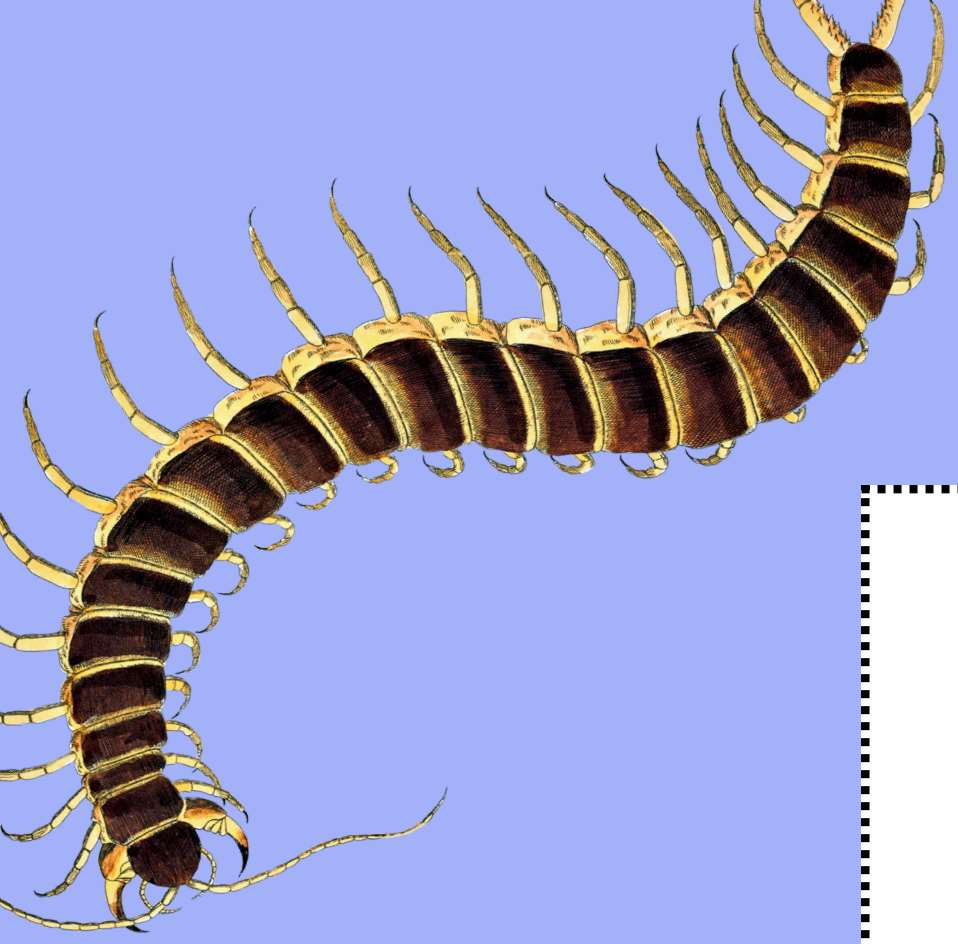


**WHAT MAKES THAT PERSON A  
GOOD LISTENER?**

**NOT INTERRUPTING?  
ASKING INTERESTED QUESTIONS?  
ACKNOWLEDGING WHAT YOU SAID?**

**WHAT IS BEING WITH THIS  
PERSON LIKE? WHAT CAN YOU  
LEARN FROM THEM?**

A large, empty white rectangular area with a dotted black border, occupying the right half of the page. It is intended for writing answers to the questions on the left. The background of the page features a dark blue color with a large, stylized sun or moon in the bottom left corner, rendered in a golden-brown color with radiating lines.



# WHAT ARE YOU AFRAID TO TALK TO YOUR PARTNER ABOUT?

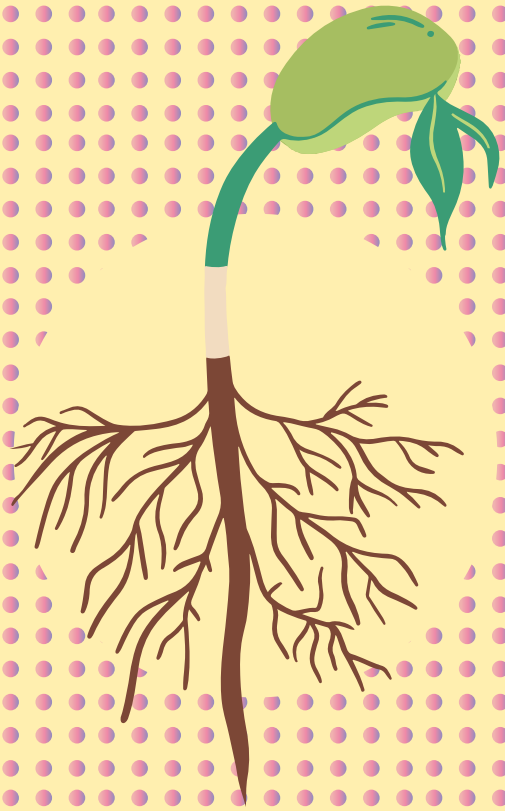
**WHAT HAPPENS TO THOSE WITHHELD THOUGHTS AND FEELINGS?**

**WHAT ARE THE CONSEQUENCES OF WITHHOLDING FOR YOU?**

**WHAT ARE THE CONSEQUENCES OF WITHHOLDING FOR YOUR RELATIONSHIP?**

A large, empty rectangular area with a dashed black border, intended for writing answers to the questions listed on the left.

# IF YOU IMPROVE YOUR LISTENING SKILLS, WHO WOULD YOU WANT TO NOICE?



WHAT CONVERSATION  
WOULD YOU LIKE TO GO  
DIFFERENTLY?



**IF PEOPLE THINK  
YOU **AREN'T**  
LISTENING TO  
THEM, WHAT DOES  
THAT LEAD TO?**

**IF PEOPLE THINK  
YOU **ARE**  
LISTENING TO  
THEM, WHAT DOES  
THAT LEAD TO?**

A large, empty white rectangular area with a dotted black border, intended for writing answers to the questions on the left.

**NEXT TIME  
SOMETHING IS  
BOTHERING YOU,  
NOTICE HOW YOU  
FEEL ABOUT  
WANTING TO TALK  
WITH SOMEONE -  
DOES SOMETHING  
HOLD YOU BACK?**

**WHAT DO YOU  
WORRY ABOUT?**

**IF YOU SHARE  
YOUR  
THOUGHTS,  
WHAT HAPPENS?**

# **THE LOST ART OF LISTENING**

## **BY NICHOLS**

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