

Learn to

LISTEN

exercises to
recalibrate your
ability

from THE LOST ART OF LISTENING by Nichols

WHO IS SOMEONE WHO WOULD LOVE TO HAVE YOU LISTEN TO THEM?



WHAT GETS IN THE WAY?

IF YOU WERE TO LISTEN MORE CLOSELY TO THAT PERSON - HOW WOULD YOUR LISTENING AFFECT HOW THE PERSON FEELS ABOUT YOU?

HOW WOULD YOUR ABILITY TO EMPHATIZE AFFECT THAT PERSON'S WELL BEING?

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

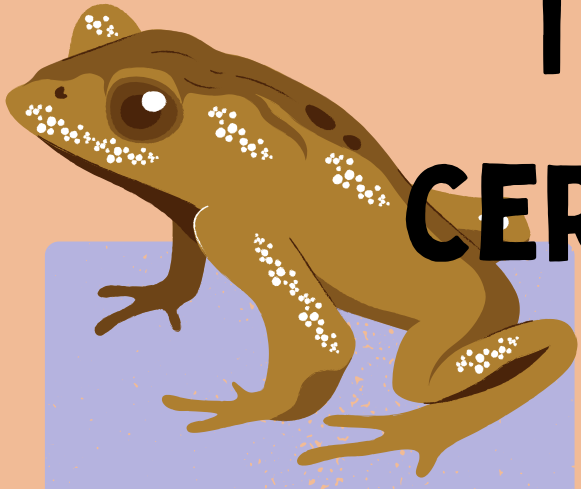


MAKE A LIST OF THINGS **NOT WORTH LISTENING TO-**

**FOR EXAMPLE -
CAR RADIO, TV,
PEOPLE YOU DON'T
LIKE, CONSTANT
MUSIC OR
PODCASTS**

**WHAT WOULD HAPPEN
IF YOU LOOKED OUT
THE WINDOW: TOOK
TIME TO SIT WITH
YOUR THOUGHTS?
WRITE SOME OF THE
THOUGHTS DOWN**

A large, empty white rectangular area with a dashed black border, intended for writing a list of things not worth listening to and thoughts.



THINK OF SOMEONE YOU AVOID TELLING CERTAIN THINGS BECAUSE OF THE WAY THEY

**PLAN IN ADVANCE
TO MAKE A
GENTLE COMMENT
ABOUT THAT
TENDENCY THE
NEXT TIME THEY
DO- WRITE DOWN
SOME OF THE
THINGS YOU
COULD SAY ("I
STATEMENTS"
WORK BEST)**

A large, empty rectangular area with a dotted border, intended for writing down the things you could say to someone you avoid telling certain things because of the way they do.

PREPARE TO RESPOND WITHOUT EMOTIONALISM IF THE OTHER PERSON TAKES UMBRAGE.



THE PURPOSE OF THE EXERCISE IS TO PRACTICE CALLING PEOPLE OUT ON THEIR ANNOYING LISTENING HABITS WITHOUT TURNING IT INTO A BIG CONFRONTATION.

IN COMMENTING ON THEIR RESPONSE, FOCUS **NOT ON WHAT THEY ARE DOING WRONG BUT ON HOW YOU'D PREFER TO BE RESPONDED TO - WRITE DOWN YOUR IDEAS HERE**

A large, empty rectangular area with a dotted border, intended for writing down ideas and responses.

THE LOST ART OF LISTENING BY NICHOLS

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