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 their 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.

Conscious Listening
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