

Listening

A guide for small group discussion or reflection on listening.

- What is listening? It is clearly more than just hearing. Discuss the verbal and non-verbal parts of good listening.
- Discuss this idea: Since people are not all the same, what it means to listen well can't be the same for every situation.
- What are the benefits of listening to the speaker? What are the benefits to the listener?
- If you decide to listen to another, you must set aside what is important to you, at least temporarily, so that you can understand what is important to another. How can you tell when you are authentically listening to another person?
- What behaviors does a good listener exhibit?
 - Can you describe a situation in which someone else listened to you? What did they do?
 - How can we show others that we are attending well to what they are saying?
 - How can we demonstrate that we care and understand?
- What will you do to practice and improve your listening skills? In what settings can you begin to practice better listening?