



# LISTENING BEYOND THE WORDS

## WORKSHEET #6

- "It is sad how quickly some couples move from the attentive unmarrieds to the preoccupied marrieds." - Ann Carroll
- Good listening requires: TIME, ENERGY, QUIET

### REFLECTIVE LISTENING

1. Give full attention to spouse who is talking (including non-verbals).
  2. Reflect back what you think you heard (including feelings).
  3. Check for accuracy.
  4. Repeat steps 1-3 until spouse feels heard.
  5. Reverse roles and repeat with other spouse talking/listening.
- "Being heard is so close to being loved that for the average person they are almost indistinguishable." - Augsburger.

### SUGGESTED EXERCISE

Every evening take 10 minutes to practice reflective listening to the question: "How was your day?" Gradually expand the technique to include troublesome issues.

### QUESTIONS TO PONDER

#### **SELF:**

Do I reserve time and energy for my spouse? How good a listener am I? Do I create an accepting atmosphere which encourages my spouse to communicate? What ways do I use to avoid listening? In what ways do I tend to scramble? Do I always make sure what I have heard is what my spouse means?

#### **IN RELATION TO MY SPOUSE:**

If my spouse seems to be avoiding listening to me, what might this suggest about my manner of communicating? (Is it mostly negative: critical, complaining, blaming, demanding?) Could a change of my attitude help open channels of communication? If necessary, do I insist on my right to be equally heard?

#### **MY GOAL IS:**