

Active Listening

is a communication technique often used in couples therapy to promote better communication between two people. When active listening is practiced, the listener is focused completely on the speaker and actively working to hear, understand, and retain the information that's being shared.

- Pay attention to what your partner is saying
- Show that you are listening by nodding, making eye contact, and responding appropriately
- Avoid interrupting or finishing your partner's sentences
- Ask clarifying questions to make sure you understand what your partner is saying
- Paraphrase what your partner has said to show that you understand

How to Implement Active Listening: A Step by Step guide

Partner One: Makes a Statement

Partner Two: Repeats, paraphrases what they heard.

Partner One: Accept or confirm thier partner did hear the message and/or clarify message if neded

Partner Two: Makes Statemenet

Continue process back and forth, making sure to insclude the parapahrse compenent before moving on to a repsonse or statmeent.