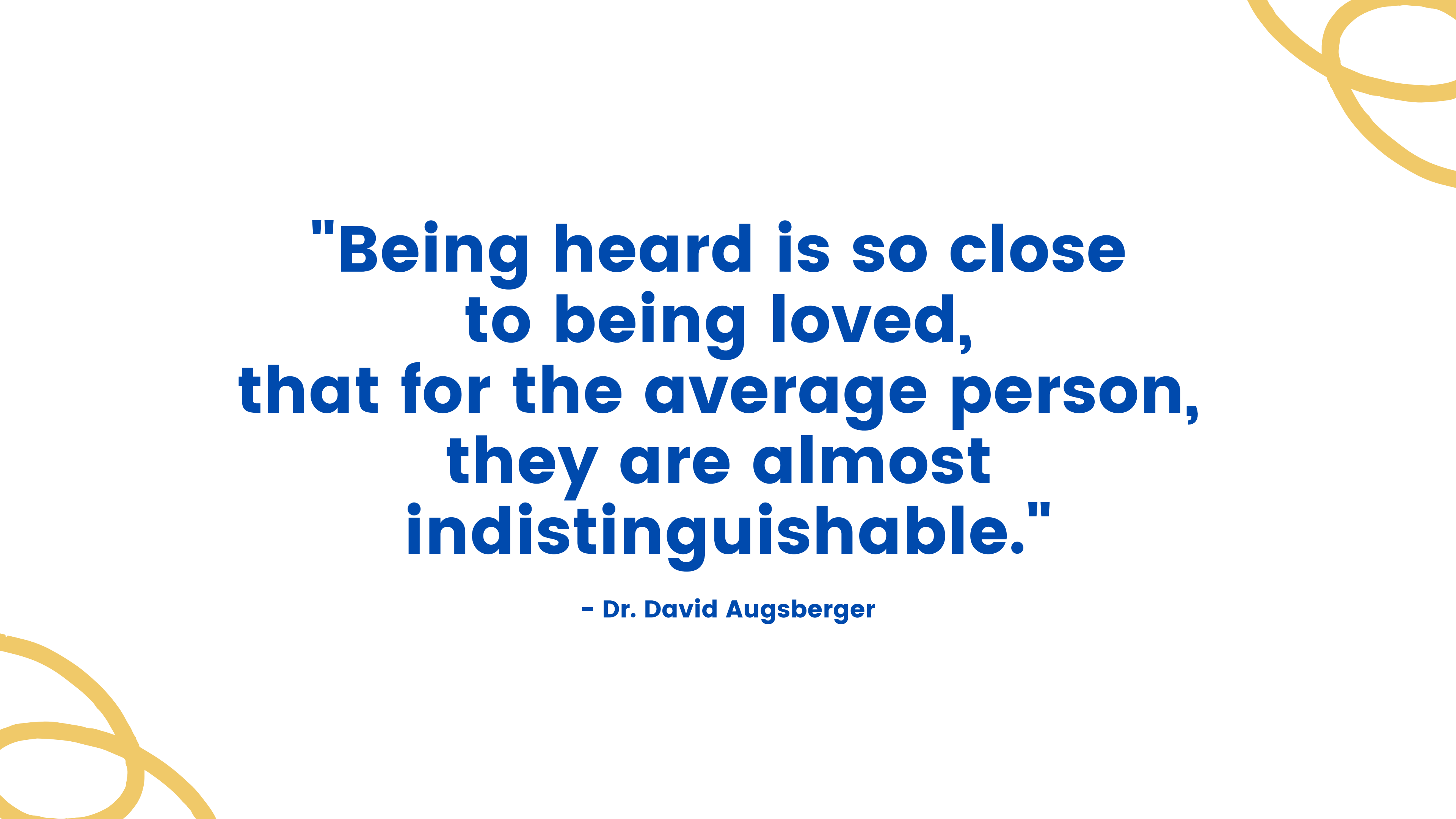


6 LISTENING HACKS

* Practice anywhere with anyone!





**"Being heard is so close
to being loved,
that for the average person,
they are almost
indistinguishable."**

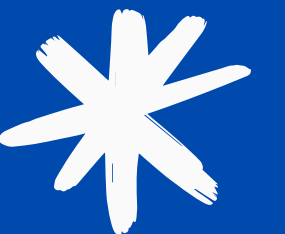
- Dr. David Augsberger

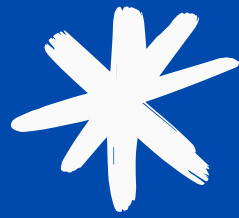
**OFTEN WE
THINK OF
LISTENING AS
PROCESSING
INFORMATION
WITH OUR
EARS.**

LISTENING is something we do with the whole of who we are.

It is something we practice as a habit of being. Listening deeply + broadly over time shapes us into a Listener.

Everywhere we are, whomever we're with, we can become a listening presence that helps, heals + gives hope.





WHAT'S GOING ON WITH LISTENING?

3 LAYERS OF LISTENING THAT HAPPEN AT ONCE:

1. TO SELF (INNER)
2. TO ANOTHER (OUTER)
3. TO THE CONTEXT

THE TWO-WAY DYNAMIC: <----->

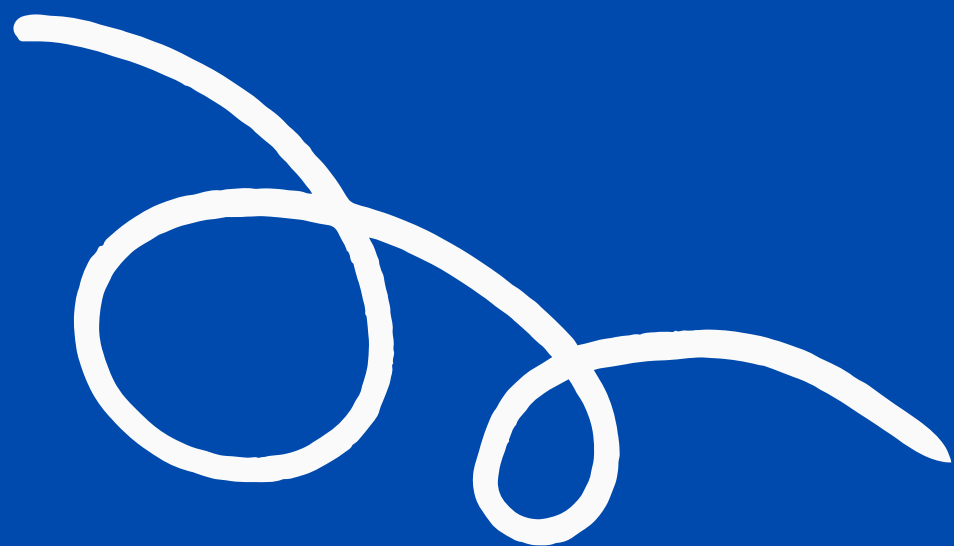
1. LISTENING TO WHAT WE'RE RECEIVING <---
2. LISTENING FOR HOW WE'RE IMPACTING OTHERS --->





6 HACKS

TO LEVEL UP YOUR LISTENING GAME



01

THE PAUSE

Pausing once someone has shared.
Pausing once we've shared.

Listening thrives with "air."

Taking a natural breath + beat of time
allows us to hear the echo of what we've shared or
"metabolize" what we heard.

From this mindful position, we form organic responses.



02

THE UNDERSTANDING CHECK

“Can you help me understand if I’m hearing you correctly?”
Then paraphrase what you think they mean.

This is sometimes called, “Drive-thru listening”—like when the fast food cashier repeats your order back to you to make sure you really ordered your burger with an extra inch of mayo.

03

THE PERMISSION SLIP

Give yourself permission to not know what's going on. You may not know what something you're listening to means or how to respond to it.

Sometimes we have to listen multiple times, ask for more information, take some space, or just say, "Can you help me hear you better, I'm not sure I'm understanding you."

On the flip side, we can give others the same permission slip:

- to not understand us immediately
- to not listen in the exact ways we need



04

THE "PLEASE, GO ON!"

Mid-sharing we can all grow insecure.

We may fear we're burdening someone, wasting their time, making ourselves look petty or all over the place... and the fear list goes on.

What we need is reassurance from the person listening to us.

Or, to reassure the other person that you are tracking with them and want to listen.

We can simply say, "Please, go on, I'm listening."



05

THE DIRECT ASK

We can become aware of when we need to be listened to.
We can then learn to simply and directly ask people to listen to us without being pushy (see right!).
And we can practice speaking up when we don't feel heard.

One of my students said she's used to telling her boyfriend, close friends +family: "I need you to listen to me. When will you do that?" I'd never even been that direct with people, but she inspired me to wonder: "Well why not?"



06

THE RABBIT

Mostly people don't want advice, we just want to be heard.

If we're unsure what someone is needing, we can ask if they want to be listened to or are looking for feedback/help.

And if they don't know, **err on the side of just listening.**

In "The Rabbit Listened," the animal that helped the upset little boy the most was the one who just sat there with him through his storm of emotions.

Just listening is just about everything.



BONUS!

RAIN

LISTENING TO OURSELVES

Here's a simple process for listening to yourself with curiosity + compassion:

Recognize what is happening;

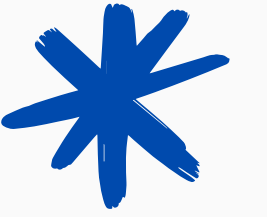
Allow the experience to be there, just as it is;

Investigate with interest and care;

Nurture with self-compassion.



from TaraBrach.com/rain



LISTENING IS A LIFESTYLE.
LISTENING TO OURSELVES, EACH OTHER + THE WORLD.



Say what?

Amazing job!

LISTENING HACKS:

The Pause

The Understanding Check

The Permission Slip

The "Please, go on!"

The Direct Ask

The Rabbit

Keep listening... There's a whole world out there +
a whole world in there that wants to be heard :)

I'm here to listen! Reach out any time.

Cat Moore | Director of Belonging, USC | Cat@Cat-Moore.com | Cat-Moore.com

