

5 TIPS FOR SIMPLE LISTENING

A resource from *Simple Listening* (2019), Jack Ricchiuto, MA, DesigningLife Books

1

Look for and create quick, everyday opportunities for simple listening. Do this with anyone you interact with.

2

When listening, notice any temptation to make it all about you or what you think others should be thinking or doing.

3

Notice how people use words that could mean multiple things and use these to be curious and ask questions about what they have in mind.

4

Find out how people feel and let them know how these emotions could or do make sense.

5

Use any assumptions you have about anything they say as ideal opportunities to express more curiosity.