

## Listening Exercise for 20 February 2022

1. Report to a listener your experience from the assigned reading. In doing so, you can report:
  - What you read the article to be saying – key points, philosophy, perspective, concepts, etc.
  - And/or you can report *your response* to the article, its key points, philosophy, perspective, concepts, etc.
    - This can include what you think about it, how you feel about it, how it impacted you in any way, etc.
  - And/or you can report *your observation of your self*.
    - What you noticed in your self. How you became curious about yourself. To what extent you saw your “deeper” self, that is, underlying beliefs and assumptions that are the foundation for the immediate responses you observed in your self. Whether you were able to observe your thought processes.
2. A listener will practice our listening skills in response to the one reporting on the reading. Remember all our skills
  - Start as “a citizen of the Gospel.”
  - The absence of thought. Set your thoughts aside. Come to nothing. Suspend your thoughts, feelings, emotions, passions, assumptions
  - Initiative + curiosity x courage = listening
  - The power of the pause: Give the person time to “collect” their self; time for their brain to “catch up”
  - The “Listening Hints:” Ask, mirror, prime, paraphrase
  - **NEW SKILL** we learned last Sunday from Tom Shenk: Repeat the last three words ... It works!
3. An observer observes the interaction between the person reporting their response to the article and the listener. Be sure to take notes.
  - What did you notice?
  - Did the reporting person seem comfortable/uncomfortable?
  - Did the listener ask leading questions rather than open questions?
  - Did the listener use pauses well? Can you recall an example when the listener used a pause well?
  - What occurred within you with regard to your thoughts, feelings, emotions, passions, and assumptions?
  - Were you present to your self?
  - Did you notice resistance in your self to what you were hearing? Or did you notice agreement within your self? Did this tell you something about your self?
4. Then the groups will debrief their experience in their group using the format we have been following.
5. Finally, we will all debrief together.