



EFFECTIVE LISTENING IN RELATIONSHIPS



What are some methods of effective listening that you utilize?

- Eye Contact
- Open Body Language
- Head Nod
- Providing Small Verbal Responses

What are some effective ways to Reflect/Provide Feedback or Re-Phrase?

- Para-phrase
- Ask Questions

What are the three “A’s” that you should avoid when having a conversation?

Attacking: Do not degrade your partners personality or hobbies to justify your perceptions.

Assumptions: Do not assume you understand without first listening and understanding your partners feelings and perceptions.

Avoidance: Do not short change your partner by not allowing yourself to be vulnerable and discuss your feelings and emotions.