



EFFECTIVE LISTENING IN RELATIONSHIPS



TASK: Discuss ways to better communicate effectively with your significant other.

CONDITIONS: Discussion-Question Based

STANDARDS: Identify some listening and communication techniques that can lead to a healthier relationship.

REFERENCES: Strong Bonds, CPT Kim, Hyuntae 2/11th ACR Chaplain



LISTENING



Question: What are some methods of effective listening that you utilize?

Answer: Eye Contact, Avoid Distractions (side bar conversations etc..), Notice the Speakers Body Language and keep your own body language open and inviting, Nod occasionally in a positive way to encourage them to continue, also provide small verbal responses like “Yes” and “Uh-Huh”, and lastly Do Not Interrupt the speaker with your counter argument or accusation.

Without effective listening then there is no conversation. If your partner cannot voice their concerns then it degrades their trust and confidence. Keep your partner happy by listening to what they have to say, make time to just talk.



PROVIDE FEEDBACK OR RE-PHRASE



Our personal filters, opinions, judgment's and beliefs can distort what we hear in conversations and lead to unnecessary conflict's that degrade the ability to voice an opinion or feeling. As a listener it is your obligation to understand what is being said from the speakers perspective. This may require you to reflect and ask questions to ensure you fully understand what the speaker is trying to convey.

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

Answer: Para-Phrase the speakers talking points (What I think your saying is...) (What it sounds like your saying is...)

Ask Questions to clarify certain points-(What do you mean when you say... or Is this what you mean when you say...)



ACTIVE LISTENING PROMOTES HEALTHY COMMUNICATION



One of the number one pitfalls in a relationship is the in-ability to communicate. The only way to express yourself through conversation is to first be a good listener. Always avoid the three A's:

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.

Never listen to just what you want to hear, listen to what you need to know and address your understandings in a way that encourages open participation and trust.