Kean Weithofer

Listening Exercise

For our listening exercise assignment, we were tasked with choosing two skills to work on in order to become better listeners. The first one I picked was ‘Avoid the ME monster’. In my youth I’ve come to realize that I have a problem with speaking about myself too much, whether it be that I want to be the center or attention, or want to be able to push my way into a conversation. My second one is that I’ve come to realize I have a problem with interrupting, similar to the doctors interrupting their patients, while working with professors to fix their IT issues.

I spoke with my wife, Hannah, while she was having difficulty with her laptop. In the past I’ve just quickly grabbed the computer and “fixed” the problem, only for it to come back, without me really listening to the problem. We sat down and she walked me through what happens whenever the problem arises, and brought to the table a couple of possible fixes. Her idea actually ended up being able to fix it for a longer period of time. I also was able to work on the “me monster” problem, by not speaking about MY experience with the problem, and listening to HER experience.

My wife really appreciated my taking the time to work through the problem with her, rather than just taking it and trying to brutishly power through fixing it. Like stated above, she was able to better convey her thoughts, and I took the chance to work on my “me monster” problem, as well as my problem with listening. Due to the opened up and bettered communication we were able to find a better solution to the problem.

I began trying to work on my problem by simply waiting for her to finish her thoughts and frustrations, as well as not talking about my experience with the problem so as to maintain it being about her and not negating her emotions. It laid down the path for us to be able to work better as a couple and towards making sure we are both heard and happy. I was glad that we were able to work on this not only for this lesson, but as a couple I feel it’s nice to have the extra few tricks up the sleeve to communicate better.