


SUCCESS+

EFFECTIVE LISTENING GUIDE

**Strengthen Your Bond Through Active
and Empathetic Listening**



A stylized illustration of a person's head and hand. The person has dark hair and is wearing a teal earring. Their hand is raised, with fingers spread, near their ear, suggesting they are listening intently. The background is a solid blue color.

Effective communication is the cornerstone of any thriving relationship, and at the heart is the art of listening.

Active and empathetic listening goes beyond simply hearing words; it involves fully engaging with your partner's experiences and emotions.

This guide is designed to help you enhance your listening skills, foster deeper connections, and build a more resilient relationship with your partner. You'll discover practical strategies for asking clarifying questions, noticing nonverbal cues, and responding with empathy through an easy-to-read flashcard format. We hope the tools provided in this guide will help you create a safe, judgment-free environment where open and honest communication can flourish between your partner and you.

“I’m here for you.”

Create a sacred space:

“There is no judgment here. I’m just checking in to see what’s going on.”

Give your undivided attention:

“How can we ensure that we’re fully present with each other?”

“So, what I’m hearing is...”

Paraphrase:

“It sounds like you’re feeling overwhelmed because...”

Ensure you’re on the same page:

“Did I understand that correctly?”

Express understanding:

“I’m really trying to understand how you’re feeling.”

“Tell me more.”

Notice your partner’s tone, body language, and underlying feelings.

Resist the urge to jump in with solutions or rebuttals.

Seek clarity:

“How did that make you feel?”

“What do you think?”

“I understand, and I feel...”

Take a breath and consider your response.

Share your thoughts and feelings honestly, but with kindness and consideration:

“I’m always here if you need to vent.”

“I hear you. I feel you.”

Imagine yourself in their situation.

Validate their feelings:

“That must have been really frustrating.”

“I can see where you are coming from.”

Avoid criticism or blame.

Focus on creating a safe space for open communication.

“Hey, thanks...”

Don’t initiate serious conversations when either person is stressed or tired.

Regularly express gratitude and acknowledge your partner’s efforts.

Forgive and let go.