

ACTIVE LISTENING

By Everett Bowes

EARS

“Listening is loving” - François Lelord

The first component of listening is _____. This is the most obvious aspect of hearing, but it’s the _____ important part of active listening.

Researchers measured heart rate, perspiration, respiration and other biometrics of people digging a ditch. They also measured the same biometrics for people engaged in active listening.

They found active listening has a similar effect on our bodies as _____!

When you listen with more than your ears that’s _____.

Active listening is _____, and takes _____. The Chinese symbol for “listen”, “Ting”, reminds us that there is more to active listening than simply _____.

Listening with your ears is the most _____ form of listening, especially in America.

But I want to challenge you: Stop “hearing”, and start “listening”. When you “listen with your ears” you are only _____.

“Have you ever noticed how the most intriguing individual in the room seems content to listen sooner than speak?” - Richelle E. Goodrich