

**Active listening** is the practice of listening to a speaker while providing feedback indicating that the listener both hears and understands what the speaker is saying. This is a key practice to bring to your relationship to deepen communication skills.

## Do's

Use verbal cues to show you are listening ("yes" or "I see" or "I want to know more!")

Use physical cues like nodding your head, maintaining eye contact, and putting your phone away or turning off the tv.

In your own words, repeat back what your partner has said.

Ask clarifying questions ("How did it feel when your boss told you that?" or "What was the most exciting part?")

## Don'ts

Try not to think about how you are going to respond once your partner finishes talking. Instead, deepen your presence and really absorb what you hear them saying.

Unless your partner specifically asked you to help them problem solve, they aren't looking for a solution from you. Most of us just want to talk and feel heard.



Seven Circles