

4 Steps to Effective Listening for Couples

1

Listen Actively

- **Paraphrase** what you've heard, i.e., "Do you mean....?" or "What happened was....?"
- **Clarify** to be sure you understand what you've heard.
- **Give Feedback** to check your perceptions of what you've heard.

2

Listen With Empathy

- **Imagine** what it would be like to be in spouse or partner's position.
- **Experience** the same emotion he or she is feeling; reflect on times when you've had the same emotion.
- **Realize** that we all share many of the same struggles and are trying to survive both physically and emotionally.

3

Listen With Openness

- **Avoid judgment** and fault-finding. It's difficult to really listen when you do this.
- **Hear the whole statement** or communication before making premature evaluations.

4

Listen With Awareness

- **Compare** what's being said to your own knowledge of what your spouse or partner is telling you.
- **Note** how a communication fits with known facts.
- **Observe congruence** in tone of voice, facial expressions, and posture to see if it fits with the person's communication.

Smart Listening For Couples

Nancy Van Pelt



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