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.

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 may of the same struggles and are trying to survive both physically and emotionally.



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.

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.



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Smart Listening For Couples

Victor M. Corman

Smart Listening For Couples:

The Enigmatic Realm of Smart Listening For Couples: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Smart Listening For Couples** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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