



COMMUNICATION TOOL

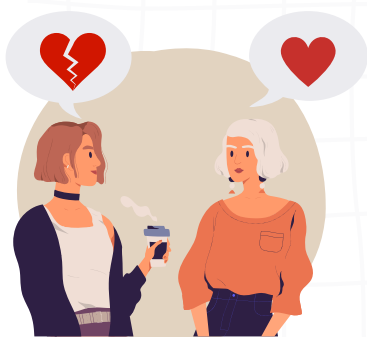
CURIIOUS LISTENING

There are only two possible intentions in any given moment: the Intent to Learn [connecting] or the Intent to Protect [disconnecting].

Margaret Paul, PhD

CURIOUS LISTENING

staying out of triangle



1 DECIDE if you're available to provide presence and listening at this time. Ensure you won't feel exhausted or resentful.

STATE how much time you have. If you're not available now say when you will be. For example, "I'm not able to be present right now, but I will be at 8pm."

2



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ALLOW them to have all emotions and perceptions. Their feelings are not your fault (even if they're about you). We are the source of our own emotions. Allowing others to have emotions validates their experience and is connecting.

RESPECT words at face value, even if you think they're wrong, disordered, manipulative, etc. For example, "All I do is give, but nobody loves me." Instead of arguing or rescuing, you could say, "Thank you for trusting me with how you're truly feeling."

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ASK if they want your advice, solution, idea, view, etc. before giving it. Sometimes we just need to vent! Life is tough. Venting can mean they aren't ready to solve the issue or there aren't solutions. Venting is cleansing! However, it'll be draining if you're trying to 'save' or 'fix.'

ASK if there's anything they need right now. "Anything I can do now to help?" Usually what we really need is a hug or simple comfort like soup. Talking is overrated. Remember, you simply being there is providing Quality Time, one of The Five Love Languages

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