"You can make more friends" in two months by being interested in other people than you can in two years by trying to get others interested in you"

The Importance of Listening with the Ears of God

- Close Relationships are <u>very</u> difficult
- We are often <u>very</u> selfish, defensive and unforgiving when wronged
- We are often <u>very</u> different
- We have a <u>very</u> limited perspective
- We are often <u>very</u> bad listeners without God's help



Every one of those little blue balls is a thought about something that needs to be done, a decision or a problem that needs to be solved



Major Components of Love

- 1Co 13:4 Love
 - is patient and kind;
 - is not jealous
 - or conceited
 - or proud;

1Co 13:5 Love

- is not illmannered
- or selfish
- or irritable;
- love does not keep a record of wrongs;

- 1Co 13:6 Love
 - is not happy with evil, but is happy with the
 - truth.
- 1Co 13:7 Love
 - never gives up;
 - and its faith, hope, and patience never fail.
- 1Co 13:8 Love
 - is eternal.

Talking and Listening- The Smaller Components of Love

Talking (5) _

- What I see and hear
- What I think
- What I feel
- What I want for <u>me</u>, <u>them</u>, <u>us</u> and <u>others</u>
- What I <u>do</u>, will <u>do</u> and I've<u>done</u>

Listening (5)

- Paying attention
- Empathizing
- Asking
- Checking_
- Encouraging more

Listening Component 1

- <u>"Paying attention</u>" with open stance, eyes, ears and observation (What are they saying and What aren't they saying???)
- Listening closely to the "Whats"- use notes
- What <u>they</u> see and hear
- What <u>they</u> think
- What they feel
- What <u>they</u> want for <u>me</u>, <u>them</u>, <u>us</u> and <u>others</u>
- What <u>they do</u>, will <u>do</u> and have <u>done</u>

Listening Component II

- <u>**"EMPATHIZING"</u>**-Attempting to walk in they're shoes and give feed-back</u>
- A short statement, comment that expresses what they <u>may</u> be experiencing
- Be tentative, sensitive
- It's an attempt, it's ok to be wrong
- "Sounds like", "That sounds", "Tough day???"

Listening Component III

- <u>"ASKING</u>"-Notice What they are not saying and <u>ask for more information</u>
- Often we leave out one of the "What" components when we are talking
- They may not tell you "<u>What they feel</u>" or "<u>What they want</u>"
- Open, not closed question (yes, no)
- "How" or "What"

Listening Component IV

- <u>"CHECKING</u>"- to see if I got it all? Summarize what they said and repeat it back as best you can:
- What they see and hear
- What <u>they</u> think
- What <u>they</u> feel
- What <u>they</u> want for <u>me</u>, <u>them</u>, <u>us</u> and <u>others</u>
- What they've done, do and will do
- IT'S OK TO BE WRONG!!!!!!

Listening Component V

- <u>**"ENCOURAGING MORE"-</u> to see if they have more to say? about:**</u>
- What <u>they</u> see and hear
- What <u>they</u> think
- What <u>they</u> feel
- What <u>they</u> want for <u>me</u>, <u>them</u>, <u>us</u> and <u>others</u>
- What <u>they've</u> done, <u>do</u> and <u>will do</u>

Now Some Training

- Start simple- "How was your day?"
- They talk, you listen in love starting with only the first listening component of five. {each day for a week}
- Add one each week
- Keep notes-What did I hear?
- Important Reminder-"We are in Training!"

SIMPLE RULES

- Box up your "Whats"
- No fixing
- No judging
- Only listen

 $\ensuremath{\mathbb{C}}$ 2007 by Ron Edeal, MFT