

Skillful Listening

Purposes of Listening

- Connection
- Solving alienation
- Solving problems

Obstacles to Listening

- Fear of Opening the Fire Hydrant
- Fear of Doing It Wrong
- Overidentification
- Fear That Listening is Agreeing
- Holding Onto My POV

“People who can’t suspend their point-of-view attract co-dependents”

Two reasons people have a POV they can’t get rid of

- * No one has ever listened to them
- * No one has ever told you that your POV isn’t the only one of value

The _____

“Most of the time you’ve got to give up _____ to connect.”

_____ Necessary to Listening

Give _____

Listening Takes _____

The Power of _____

Proverbs 20:5 *The purposes of a man's heart are deep waters, but a man of understanding draws them out.*

Learn to Ask _____ Questions

TWO TYPES OF ACTIVE QUESTIONS

- _____ in: Questions to make sure you’re _____ it
- _____ emotions:

EMOTIONS - THE BIG THREE AND THE MINOR TWO

- * _____ (_____ and _____) Concerned something is going to _____ you.
- * _____ (_____ and _____) Not getting something you want or _____, or wanting to stop something _____ that is happening to you.
- * _____ (_____ and _____) A _____.
- * The minor two: _____ and _____

Learn to _____

“If you want someone to get out of it, _____ to it”