

LISTENING WELL

“There are only two reasons for speaking while listening: to show that you understand exactly by saying back what the other person has said or meant, or to ask for repetition or clarification.”

*How do you know you've been listening well?
When the person gets...*

“the feeling we all get when we have been trying to say something and have finally put it across: the feeling that we don't have to say **THAT** anymore.”

Eugene T. Gendlin
From *Focusing*