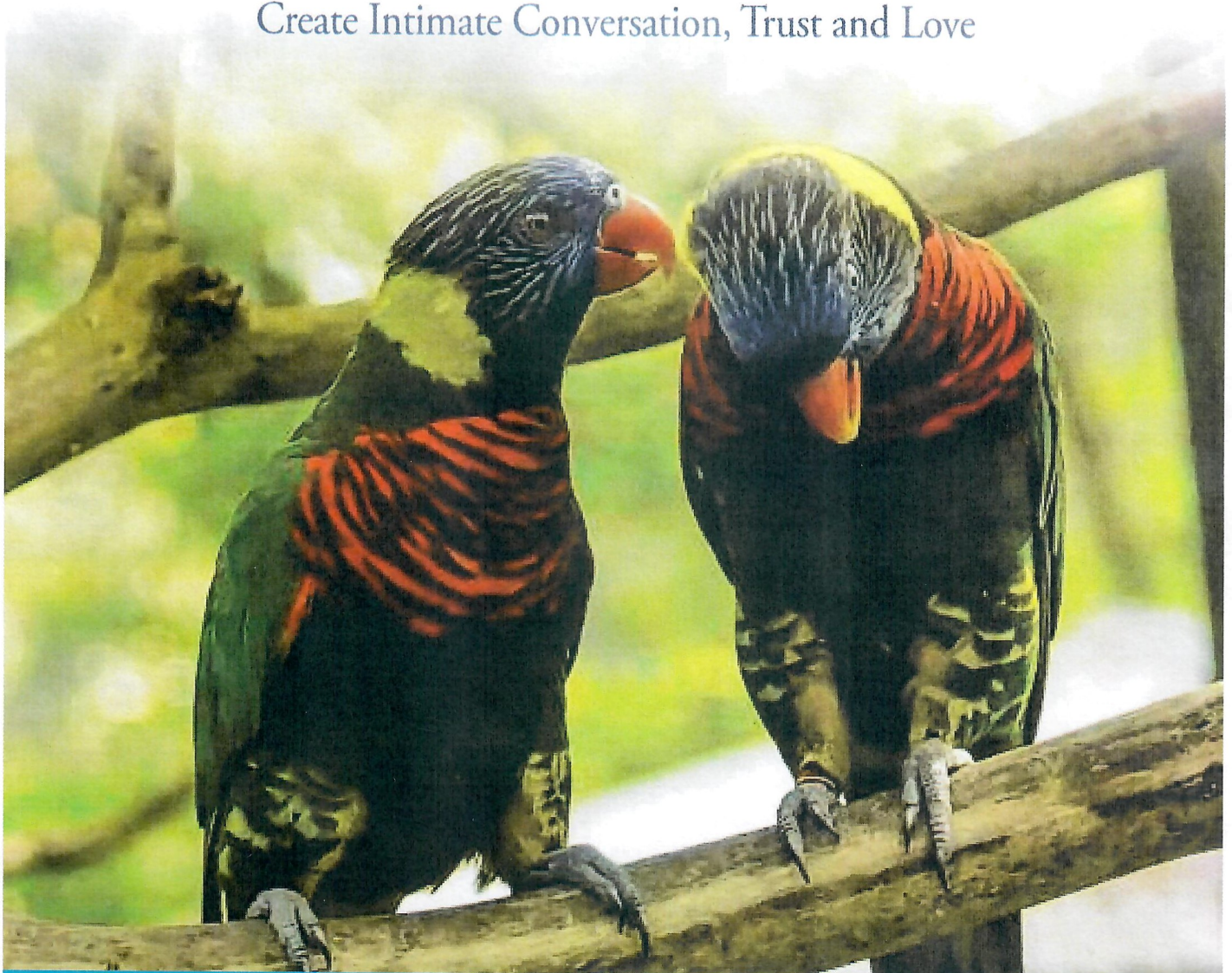


HOW TO BE A  
**Great Listener**

Learn the Art of Listening to  
Create Intimate Conversation, Trust and Love



The Gottman Institute®

## LISTENING EXERCISE

Good listening creates intimate conversation, trust, and love!

Take turns asking your partner the following questions. Then use the lists on previous pages for specific things you can ask or say to help you learn to be a great listener.

**Tell me what in this world is currently making you:**

1. angry.
2. sad.
3. afraid or worried.
4. hopeful.
5. happy.
6. optimistic.
7. feel despair.
8. stressed.

## Statements to Explore Feelings and Needs As You Listen

1. Tell me the story of that.
2. I want to know everything you're feeling.
3. Talk to me, I am listening.
4. Nothing is more important to me right now than listening to you.
5. We have lots of time to talk.
6. Tell me your major priorities here.
7. Tell me what you need right now.
8. Tell me what you think your choices are.
9. It's okay not to know what to do here, but what's your guess?
10. I think you're being very clear. Go on.
11. Tell me all of your feelings here.
12. Help me understand your feelings a little better. Say more.
13. I think that you have already thought of some solutions. Tell me what they are.
14. Help me understand this situation from your point of view. What are the most important points for you?
15. Tell me what you're most concerned about.
16. Tell me more about how you are seeing this situation.
17. Talk about what the decision is that you think you have to make.
18. If you could change the attitudes of one of the key people in this situation, talk about what you would do.