

Courageous Conversations for Couples: Reflective Listening

Four Square

Directions: Define the words below. No Dr. Googling 🚫 😊.

<p>Hearing</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	<p>Listening</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>
<p>Active Listening</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	<p>Reflective Listening</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>

“My beloved brothers, understand this: Everyone should be quick to listen, slow to speak, and slow to anger, for man’s anger does not bring about the righteousness that God desires.”

James 1:19-20 CSB, NASB

Courageous Conversations for Couples: Reflective Listening

Reflective Listening

Directions: Describe Reflective Listening in your own words. No Dr. Googling 📱😇.

Looks Like 👁️👁️	Sounds Like 🎧	Feels Like 🖐️

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Reflective Listening Examples



Examples of Reflective Listening

- "It sounds like . . ."
- "It seems as if . . ."
- "What I hear you saying . . ."
- "I get a sense that . . ."
- "It feels as though . . ."
- "Help me to understand. On the one hand you . . . and on the other hand . . ."

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Some Reflective Listening Principles

- More listening than talking
- Responding to what is personal rather than to what is impersonal, distant, or abstract.
- Restating and clarifying what the other has said, not asking questions or telling what the listener feels, believes, or wants.
- Trying to understand the feelings contained in what the other is saying, not just the facts or ideas.
- Working to develop the best possible sense of the other's frame of reference while avoiding the temptation to respond from the listener's frame of reference.
- Responding with acceptance and empathy, not with indifference, cold objectivity, or fake concern.

Other Principles for Consideration (add your own):

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Some Reflective Listening Tips

Reflective Listening

Reflective listening helps to promote understanding in a conversation, and aids in finding resolution during arguments. Having tips to promote reflective listening in a conversation can help promote healthy communication in your life.

Directions: Review the tips for reflective listening below.

The point matters more than the details.
In the heat of an argument or conversation, a central message a person is trying to convey may get lost in the details or examples of events. Try to hear the person's point, do not dwell on inaccurate, misplaced, or misunderstood details.

Helpful sentence starters:

- "What I hear you saying..."
- "I am getting the sense that..."

Other emotions are being felt when someone is expressing frustration or anger.
Anger is always accompanied by other emotions. When listening, try to empathize with what the other person is feeling. You may also use feeling words yourself when reflecting.

Helpful sentence starters:

- "It feels as though..."
- "It seems like you are feeling..."

Your tone and body language matter.
The person you are speaking to may get defensive if they see you getting defensive. Be mindful of your tone and body language. Be open and patient, and let that reflect in your tone and body.

Helpful body language:

- Arms and hands open and resting
- Eye contact and relaxed face muscles

Your reflections may be wrong at times, and that is okay.
You can ask for clarification, and you can check in to make sure you are understanding correctly. If you are misunderstanding the person you are talking to, ask them clarification questions, and close the gap that is causing the misunderstanding.

Helpful sentence starters:

- "Am I hearing you say..."
- "Can you explain what you mean when you say..."

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The Importance of Reflective Listening

Reflective Listening can:

- increase understanding in communication
- reassure partner she/he is heard
- provide opportunities for clarity to prevent misunderstanding

Other ways Reflective Listening matters:

Reflective Listening Links:

<https://study.com/academy/lesson/the-difference-between-reflective-active-listening.html>

<https://www.therapyduo.com/2017/08/subtle-power-of-reflective-listening/>

<https://www.pinterest.com/pin/examples-of-reflective-listening--475129829412073068/>

<https://slideplayer.com/slide/14894956/>

<https://www.psychpoint.com/worksheets/reflective-listening>

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