




HABIT 5:






SEEK **FIRST** TO
UNDERSTAND

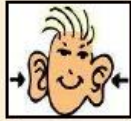
THEN TO BE UNDERSTOOD

- Listen BEFORE you talk
- I take time to listen with my ears, eyes and heart before I speak
- I share my ideas in a calm, confident manner
- I try to understand other people's views and feelings, even if they are different from my own

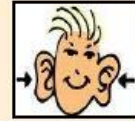


I can use Habit 5
Instead of talking first I can
Take a Deep Breath
Listen with my ears, eyes and heart
Think of how my friend feels
Be kind when I speak





Listening Road Blocks



Spacing Out:

Your mind wanders when others talk.

Pretend Listening:

You don't really pay attention to the other person, but you pretend to. You say "yeah," "uh-huh," and "cool."

Selective Listening:

You listen only to the parts that interest you.

Selfish Listening:

You always bring the conversation back to you and your life. You say things like "I had that happen too" and "I know how you feel."

Mirror, Mirror

To be a good listener, mirror back what someone says. Repeat back in your own words what the person is saying. Use statements like "You seem to be feeling..." and "So what you are saying is..."

