

LISTENING WITH YOUR HEART

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HOW ARE MY LISTENING SKILLS WITH MY HEART? I ONLY GET BETTER AT WHAT IS EVALUATED

Below are personal situations that can reveal to you how your listening skills are doing.

Aspects of life	SELF-EVALUATION	
	What I do well	What I can improve
I quiet my mind and prepare my heart to listen. I ask myself permission to listen		
Aware that all I hear: HERE I AM FOR YOU		
REFLECT: Central point of listening, that the other realizes that I am listening. JUST LISTEN		
I show respect for the person no matter what they believe or think. That which you have to say it's worthy of respect		
I handle the silences that appear in the conversation		
I do NOT give my opinion I do NOT tell you what you have to do, DO NOT GIVE ADVICE OR OPINIONS, DO NOT JUDGE, "WHAT HAPPENS IS THAT YOU"		
I do NOT assume paternalistic attitudes: "I solve it" "I have friends who can do it". LISTENING DOES NOT MEAN SOLVING, YOU DO NOT LISTEN TO SOLVE		
DO NOT overemphasize your experiences and fears "don't worry about it", "that's nothing", "don't get angry", "don't get sad"		
DO NOT show pity or contempt.		
DO NOT make him reason "he does not realize that..", "what he should do is"		
I do NOT tell you similar things that have happened to me or others. IT'S YOUR TIME, NOT MINE		
Tell others what you tell us or what has been heard		