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The Listening Course

LESSON 1 – Learn what listening is, and what listening is not

The most important thing you can do to have a great relationship is learn how to listen to each other. We're never formally taught how to listen and resolve conflicts in deep romantic relationships. So how well do you listen to each other in your relationship?

To get better at listening, you need to learn to listen to feelings.

Let's look at a perfect example of listening, where both people feel understood.

JENNIFER:

I heard about a car accident tonight on the road that you drive, and you got home an hour late. I was really afraid you were in a car accident.

MICHAEL:

Oh wow, that must have been scary. Tell me more about that if you still need to.

This is very clearly defined communication from Jennifer about what was bothering her. And Michael's response acknowledged what his wife's main feeling was, and gave her the choice to discuss it further if she needed to. This conversation is a complete example of good listening.

Almost all relationship distress begins with a simple conversation like this, but it doesn't get completed like my example here. When you go down the path of beginning an argument, often a conversation can start like this, except both partners don't know how to listen to the main feeling that their partner is having.

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