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## The Listening Course

### LESSON 2 – Listen for feelings, and how meaningful they are

This conversation is a great example of good listening.

**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.

Jennifer expresses her concern, and Michael acknowledges her fear, and leaves the door opened to listen to anything else she wishes to share about this event.

Michael listened to the feelings that Jennifer was having, and even though it was implied and not stated directly, he heard her fear, and he felt that it was important and meaningful for her to share this.

We so often miss the critically important information when our partner is sharing. That's how we get out of sync and head right into arguments.

Keep these two questions in your mind each time you approach your partner with conversations.

- 1) Do I understand the feeling that my partner is experiencing?
- 2) Do I understand how meaningful this feeling is to my partner?

In romantic love, our expectations are often to be understood, heard, seen and validated. When these responses don't happen, our communication becomes unclear, our focus on what to listen for becomes confused, and our whole relationship becomes threatened.

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