www.timothyoleary.com.au

COMPASSIONATE LISTENING

STEP 1. LISTEN WITH YOUR EYES, HEART AND EARS
Tune into the **Better Version of You** and listen whole-heartedly, without interruption, without judgements or taking sides. After they've finished, you support them further by reflecting back what you heard and showing them your compassion, by expressing how it has made you feel.

STEP 2. BE CURIOUS AND COMPASSIONATE
What is wrong for them?
What are they thinking?
What are they feeling?
What do they need?

STEP 3. HELP THEM TO FEEL SUPPORTED
Open-up about what you heard
When you spoke about (re-state their concerns)

_ _

I felt this for you (state the emotions)

_ _

STEP 4. SHOW THEM YOUR FEELINGS ABOUT THE SITUATION

And I want you to know that

_ _

Is there anything I can do, such as

_ _

Would if be helpful if

_ _

Do you mind if I offer a potential solution, such as

_ _

Remember that Compassionate Listening means that your partner gets to de-stress and process some difficult emotions. This is a hugely supportive thing to do, and often is enough to allow them to feel supported in finding their own solutions, or just talking was exactly what was needed. Compassionate Listening Counts!

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