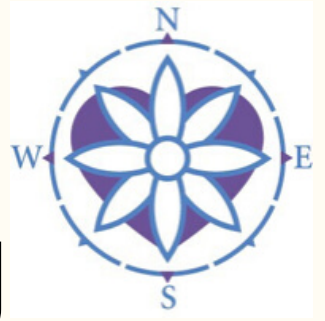


5-steps to empathic listening



CompassionateConnecting.com/blog/empathic-listening

- 1. Get present and curious with intention to listen.**
- 2. Listen for something with intensity -- remember snippet that stands out so you can Quote it.**
- 3. Imagine what they value inside -- what they really want, silently guessing a universal Need/Value.**
- 4. Ask: "When you said <insert Quote>, where you wanting <insert Need/Value> ?"**
- 5. Pause/listen -- resist talking -- was it received?**



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