

Title:
Listen And Hear

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Summary:
Learning how to listen will improve all your relationships, personal and business.

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Article Body:
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Life Coach Advice

Who doesn't enjoy being listened to? We crave good friends and a partner in life with whom we can be listened to. Even though we like to be listened to, most of us are not very good at listening. Be honest, often we are not. Listening is at the core of relationships and understanding. If you don't listen, how do you expect to be understood? In all relationships, particularly intimate ones, it is as important to be a good listener as it is to be a good speaker. There are skills to being a good listener and listening with what I call an "open ear." Having an open ear means becoming an active listener. It means not wanting to say anything. Keep eye contact. When you focus your eyes on the speaker, it keeps you from wandering into your own thoughts. Listen and don't speak. Believe it or not, most people including you don't want too much feedback. It doesn't matter if you agree with what you are hearing or not. When you listen with an open ear, you are listening. While you are just listening, confirm that you have been listening by repeating back short clips of what you have heard. Be patient, pay attention and listen with an open ear and you will see your relationships improve. In the simplest of terms consider the word listen, it means just that, "To listen."

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