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# Beginner lessons for Supportive Listening

Master Supportive Listening for Stronger Relationships

## DEFINITION

> Supportive listening is actively paying attention to someone to understand and help them. It involves empathy and validation of their feelings.

## KEY CONCEPTS

### Active Engagement

Show interest through body language and verbal affirmations, encouraging the speaker to share more.

### Empathy

Put yourself in the speaker's shoes to understand their feelings and perspectives.

### Non-Judgmental Attitude

Listen without forming opinions or criticisms, creating a safe space for open communication.

### Reflective Responses

Paraphrase or summarize what the speaker says to show understanding and encourage further dialogue.

### Asking Open-Ended Questions

Encourage deeper conversation by asking questions that require more than a yes or no answer.

## EXAMPLES

→ Nodding while your friend shares a problem.

→ Saying, 'It sounds like you're really stressed about this.'

→ Asking, 'How did that make you feel?'

## MEMORY TIPS

★ Remember 'EAR' for Empathy, Active engagement, Reflective responses.

★ Use the acronym 'LISTEN' - Look, Inquire, Silence, Tune in, Empathize, Note.

★ Visualize a supportive ear as a reminder to listen attentively.

## COMMON MISTAKES

✗ Interrupting the speaker before they finish.

✗ Offering unsolicited advice instead of just listening.

✗ Getting distracted by your phone or surroundings.

## QUICK RECAP

Supportive listening is about being present and empathetic while someone shares their thoughts. Focus on understanding and validating their feelings without judgment. Practice active engagement and reflective responses to enhance your listening skills.