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Beginner lessons for Supportive Listening

Master Supportive Listening for Stronger Relationships!

DEFINITION

Supportive listening is actively paying attention to someone and showing empathy. It helps build trust and understanding in relationships.

KEY CONCEPTS

Active Engagement

Involves nodding, maintaining eye contact, and using verbal affirmations to show you are listening.

Empathy

Understanding and sharing the feelings of another person to create a deeper connection.

Open-Ended Questions

Asking questions that encourage elaboration, helping the speaker express their thoughts fully.

Nonverbal Cues

Using body language, facial expressions, and tone of voice to convey support and understanding.

Reflective Listening

Repeating or paraphrasing what the speaker has said to confirm understanding and show attentiveness.

EXAMPLES

- Nodding while your friend shares their feelings about a tough day.
- Asking, 'How did that make you feel?' to encourage deeper sharing.
- Repeating back, 'So what you're saying is...' to clarify understanding.

MEMORY TIPS

- ★ Remember 'A.E.O.N.' for Active, Empathetic, Open-ended, Nonverbal.
- ★ Use the phrase 'Listen to Connect' to remind you of the goal.
- ★ Think of a supportive friend as a 'Listening Ear' to visualize the concept.

COMMON MISTAKES

- ✗ Interrupting the speaker before they finish their thoughts.
- ✗ Focusing more on your response than on understanding the speaker.
- ✗ Using closed questions that limit the speaker's ability to express themselves.

QUICK RECAP

Supportive listening is about being present and empathetic during conversations. Focus on active engagement, ask open-ended questions, and use nonverbal cues to enhance understanding. Avoid interrupting and ensure your responses reflect the speaker's feelings.