

CHILDREN DON'T CARE HOW MUCH YOU KNOW
UNTIL THEY KNOW HOW MUCH YOU CARE

Unspoken, Obstructive beliefs/fears about listening:

- *If I listen to you, then the importance of what I have to say will be lost on you.
- *I already know what you are going to say.
- *Listening = agreeing, and I'm not agreeing.
- *If I listen to you, I might be sending the message that you don't have to follow my instructions, I may be giving too much power and regret it later.
- *I know what's best for you, and do not need to hear from you on this matter.

Optimum Listening Conditions:



- *Limit Distractions.
- *Listening is a matter of the heart: listening speaks interest in, concern/care for the other.
- *Seek to understand before being understood.
- *Maintain a belief that listening is healing in and of itself; it is a part of the path to peace.
- *Listen to your own heart: what are you sensing?
- *Be aware of feelings and general mood.