

College & Career Readiness ...Life Skill description:

Skill: Listening/Not Judging

Definition:	Listening is the ability to accurately receive and interpret messages in the communication process.
Video:	https://youtu.be/MHCXk48EDq0
Examples:	<p>One of the best changes I've made to help me be happier is learning to see judging other people as a red flag.</p> <p>Now, I'm not going to pretend I don't ever judge other people — I think it's either a built-in method all humans have, or something we develop because of built-in methods. We all judge people, and I'm not an exception.</p> <p>But I've gotten better at noticing when it happens. And recognizing that it's a sign of something harmful.</p> <p>The judging itself isn't bad. It's what the judging is a symptom of that's harmful. I say "harmful" instead of "bad" because instead of judging I'd rather observe that it causes harm. https://zenhabits.net/judgy/</p>
Additional information	http://www.beyondintractability.org/essay/empathic-listening Empathic listening (also called active listening or reflective listening) is a way of listening and responding to another person that improves mutual understanding and trust. It is an essential skill for third parties and disputants alike, as it enables the listener to receive and accurately interpret the speaker's message, and then provide an appropriate response.



LISTENING
IS AN
ACT OF LOVE

“Most people do not listen with the intent to understand; they listen with the intent to reply.”

Stephen R. Covey
(1932-2012)
InspirationBoost.com

