

Tool 8.1: Simply listen⁴

Date:

Ask someone you know to help you with this activity. Tell them you want to practice listening while they tell you about their day. Start small—try to listen for just two minutes to start. Afterward, reflect on these questions.

What did you notice while you were listening?

What feelings or physical sensations did you notice?

What thoughts did you have?

How strong was the pull to talk or comment or plan your response?

Did you experience anything positive while simply listening?

What was the experience like for the person you listened to?

⁴ Adapted from **The Invitation to Change: A Short Guide**. Published by CMC:Foundation for Change.