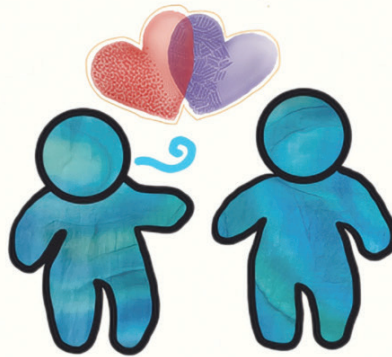


Listening Exchanges

A Basic Guide to A Powerful Practice



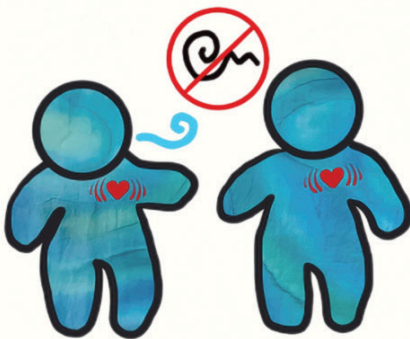
Take turns (equal time) without interruptions.



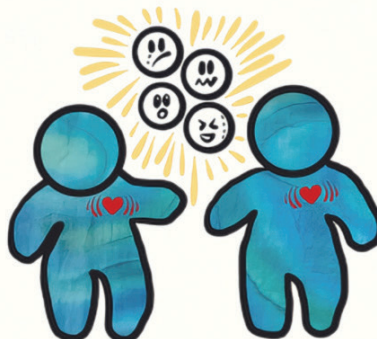
Listen with respect and full attention.



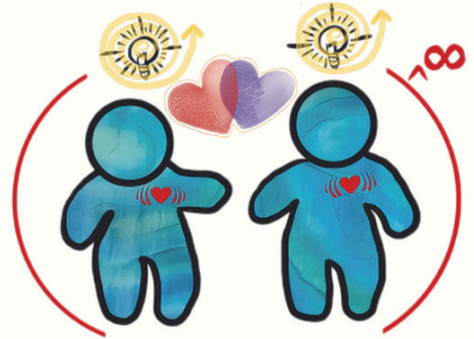
Withhold judgement. Refrain from asking questions, giving advice.



Keep confidentiality, don't refer to someone's turn without permission.



If feelings come up, welcome and make space for them.



Listening exchanges support us to think, heal, stay connected and act powerfully.

