



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 19 Action Guide: Levels of Listening

Listening at Level One is Internal Listening: listening to “me”

Listening at Level Two is Focused Listening: listening to “you”

Listening at Level Three is Global Listening: listening to “we”

Exercise: Listening Practice

Invite a willing friend, family member or coworker to participate in this exercise with you. Ask them to share for a few minutes in response to one of these questions:

(sample questions):

What are you grateful for?

What are you looking forward to?

What recent accomplishment are you proud of?

What was your day like?

While you are listening, observe what you notice as you listen to “me” (Level One).

What thoughts are you having when you listen to your inner voice?



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Exercise: Listening Practice (cont.)

While you are listening, observe what you notice as you listen to “you” (Level Two). What thoughts are you having when you listen intently to what the other person is saying?

While you are listening, observe what you notice as you listen to “we” (Level Three). What thoughts are you having when you listen to what isn’t being said, the tone and mood of the person, the feel in the room, and shifts in emotion and attitude in the space between?