



The Art Of Active Listening In Personal Relationships

212 - Careers

Do you have a friend who constantly checks her phone while you're talking to her? That's a sign of disrespect that may not have been intended. People often don't realize that their behavior can be off-putting when someone tries to speak to them. Practice the following tips for active listening, and you'll avoid unintentionally damaging your relationships.

Make Eye Contact

Face your speaker. Let them see you making eye contact with them. This shows them respect. You will find that people open up to you and communicate more readily when you establish comfortable eye contact while they are speaking.

Don't Think Ahead

If you are thinking about what you will say next, you aren't truly listening to what is being said. Planning what you will say next removes your focus from the speaker and what they are trying to say.

Mirror Their Gestures

The mirroring technique establishes rapport quickly. It works subconsciously by getting the speaker to accept that you are listening to what they say. Mirror their

hand and body movements, as well as their facial expressions. These are sometimes used to convey emotion and meaning unconsciously. Your speaker will be more forthright with you when you mirror their gestures, expressions, and speech patterns.

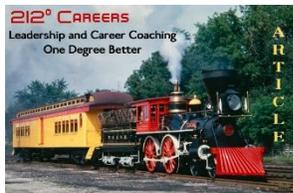
Don't Interrupt

This is tough for some people. They don't mean to be rude. They listen intensely to a speaker and try to fill in the blanks before the speaker gets there. Interrupting someone when you think you know what they're going to say, or arguing with them, is a great way to alienate that person. They won't look forward to communicating with you in the future.

Ask Questions

Nothing shows you are listening as much as asking questions. Truly focus on what the person is saying and ask relevant questions. You'll find you receive much more from the communication as this improves your knowledge base and helps you better understand what is being said.

You care about your friends. The same is true with your family members. In both cases, your relationships can benefit from practicing active listening. Use these tips, and you might be surprised to find that the people in your personal life respond similarly, listening more intently to what you have to say.



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