

International Day of Listening

September 15, 2022

Listen to Heal

Healing Relationships

Tips and Techniques

1. Make sure that you want the conversation.
2. Think about: On a scale from 1-10: How important is this relationship for you? What would need to happen that it is one unit more important?
3. What is the goal of the conversation? What is your wish?
 - a. Be honest with what you want to achieve.
 - b. Think about what YOU want to contribute (not about what the other person should do)
 - c. Imagine what peace and friendship with this person would mean.
4. What do you think would be in the way of the conversation?
 - a. Think about the disagreement that separates you: Can you accept it?
 - b. The urge to persuade and convince the other person: Can you let go?
 - c. The goal to “win”. Can you see why it is not important to “win” or to “be right”?
5. What are options for you to overcome the obstacles?
 - a. Prepare to control emotions.
 - b. Avoid certain words and choose words that are not loaded.
 - c. Think of the future of the relationship.
 - d. Accept that you cannot change the past of this relationship.
6. What is your plan to navigate the conversation when challenges come up?
 - a. Prepare to take a moment/a deep breath before you respond.
 - b. Prepare to find aspects that you share.
 - c. Prepare for and accept moments of silence.
 - d. Accept that the other person has a different perspective on the same issue.
7. Establish rules for the conversation:
 - a. You may want to use a talking item, e.g., a talking stick or a talking stone and only the person who has the item may talk.
 - b. Decelerate the conversation and take time before you respond.
 - c. Talk about yourself. Let the other person talk for him or herself.