



# ASSERTIVE AND ACTIVE LISTENING EXERCISE

In this exercise each person will share one request of something they want or need more or less of while the other person practices reflective listening.

## GROUND RULES:

- 1 Be Present - Make a commitment to being fully present, mentally as well as physically.
- 2 Pay Attention - Truly listen. Move from “What is happening?” To “What is happening in this moment?”
- 3 No Fixing - Commit to being with your partner, no advice giving or problem-solving.
- 4 Speak Your Truth - Show up! In humility, let yourself be seen.
- 5 Be Open To Outcomes - Suspend judgment, listen with curiosity.
- 6 Create a Safe Environment - To truly listen means sharing the responsibility in creating a safe environment, both physically and emotionally, so that trust can be built. CONFIDENTIALITY!
- 7 Welcome Silence - Invite silence as a gift that creates space for your souls to show up.

## SPEAKER:

Assertiveness is the ability to express your feelings and ask for what you want or need. Share a need or a wish and describe how you would feel if the need was met or the wish fulfilled.

**“I need or I wish...”**

## LISTENER:

Active Listening is the ability to let a person know you understand them by restating their message. Repeat, summarize, or paraphrase what you heard, and how you imagine the speaker feels about it. Be receptive to adjusting and/or changing your perspective based on what you hear.

**“What I hear you saying is...”**

**And you feel...**