



Listening Stick

DIRECTIONS:

1. Cut along the outside dotted line around the Listening Sticks.
2. Fold along the center dotted line, with the printed sides facing out.
3. Glue or tape the long side and the top and bottom.
4. Cover the entire surface with clear packing tape so it won't wear out.

When you need to have an important conversation with someone, ask the person when a good time to talk would be. Then ask the person to hold the Listening Stick as you express yourself without blaming, using calm, polite tones and respectful "I-Messages."

The person holding the Listening Stick "LUV-Listens" and summarizes your ideas, feelings, or concerns. If the person's summary wasn't complete or correct say, "That's not quite what I meant;" or "There's more to it..." and offer more information or thoughts until the person listening to you correctly summarizes your views. When you feel understood, thank the person and then you hold the stick and "LUV-Listen" while the other person responds. With practice, you will be able to use LUV-Listening in all your conversations without the need for a stick.

Listening Stick	Listening Stick
I WILL	BOULDERS I WILL BANISH
Give you my full attention	Sarcasm
Put myself in your place	Put-Downs
Care about your ideas	Crabby-Voice
Value your feelings	Slash and Burn
Comment or nod to show I'm listening	Hostile Criticism
Not think about my rebuttal	Always-Never
Ask polite questions	Blame-Game
Repeat back your main ideas	Mind-Reading
Validate your point of view even if I disagree	Stonewalling/ GasLighting
Banish all "C-Boulders"	Flooding
	Take Offense
	Dumping

