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An independent, reliable guide to online teaching for over 22 years! Copyright ©2020 GetEducated.com; Accepted Colleges, LLC All Rights Reserved Last updated 22.10.2020 How would you feel if you share a personal story and found that the person you were talking to didn't really listen? I'm sure you wouldn't be too excited. Unfortunately, this is the case for many people. Most people aren't good listeners. They're good pretenders. The thing is, real listening requires work – more work than people are willing to invest. High-quality debate is all about give and take. However, most people just want to give their word, in other words. Being a listener may seem boring, but it's necessary. When you care about someone and pay attention to what they say, it's a sign of caring and respect. The problem is that participation requires a spirit of mind that sometimes goes against what our minds naturally do – wander aimlessly and think about anything, instead of listening – the greatest courtesy. Without active listening, people often feel unheard of and unrepresented. That's why it's important for everyone to learn to be a better listener. What makes people poor listeners? You can learn good listening skills, but first let's take a look at some of the things you might do, which makes you a bad listener.1. You want to talk to yourself about who doesn't want to? We all have something to say. But when you look at someone pretending to listen, when they're mentally planning all the amazing things they say all the time, it's a disservice to the speaker. Maybe what the other one says isn't the most exciting thing in the world. Yet they deserve to be heard. You always have the ability to steer a conversation in the other direction by asking questions. You can talk. It's even normal. But remember, when your turn comes, you want someone to listen to you.2. You disagree with what is said This is another thing that makes you an inadequate listener - to hear something that you disagree with and tune in immediately. Then you wait so you can tell the speaker how wrong they are. You are eager to make your point and prove the speaker wrong. You think that when you talk about your truth, others know how wrong the speaker is, thank you for performing them, and encourage you to refine what you have to say. Just dream. Disagreeing with the speaker, however frustrating, is no reason to tune them out and ready to puncture your astonishing ret that argument. By listening, you may actually get interesting information that you didn't previously know.3. You do five other things Listening It's impossible to listen to someone when you're texting, reading, playing Sudoku, etc. But people do it all the time - I know I am. Yes, I'm fine. Tried to balance my checkbook pretending to listen to someone on the other line. It didn't work. I had to ask, What did you say? I can only admit this now, because I rarely do it anymore. With work, I've managed to become a better listener. It takes a lot of concentration, but I'm sure it's worth it. If you're really going to listen, you're going to have to listen! M. Scott Peck, M.D., in his book The Road Less Travel says: You can't really listen to anyone and do anything else at the same time. If you're too busy listening, tell the speaker and schedule another conversation time. It's as simple as that!4. You nominate yourself as a judge when you listen, you decide that the speaker doesn't know what they're talking about. As an expert, you know more. What's the point of even listening? For you, the only voice you hear when you decide they're wrong is: Blah, blah, blah, blah! But before you hit it by the tins, just know that you may not have all the information you need. To do that, you really should listen, wouldn't you? Also, make sure you don't judge someone by their accent, voice, or the structure of your sentences. My father's almost 91 years old. His English is sometimes a little broken and hard to understand. People mistakenly assume that he doesn't know what he's talking about - they're pretty wrong. My father is an intelligent man whose second language is English. He knows what he's saying and he understands the language perfectly. Keep that in mind when listening to a foreigner or someone who may have trouble putting their thoughts into words. You know things that make a worse listener. If none of the above items resonate with you, great! You're a better listener than most. However, how to be a better listener For the sake of conversation, let's just say that maybe you need a job in the listening department, and after reading this article, you make the decision to improve. Then what do you have to do to make it happen? How can you be a better listener?1. Pay attention A good listener is attentive. They don't look at their watch, their phone, they don't think about their dinner plans. They are focused and pay attention to what the other person says. This is called active listening. According to Skills You Need, active listening involves listening with all senses. In addition to paying full attention to the speaker, it is important that an active listener is also seen listening – otherwise the speaker can conclude that what he is talking about is not the listener's step. As I mentioned, it's normal for the mind to wander. But we're human. But a good listener gets those thoughts back in as soon as they notice their attention fading. I want to see that you can also listen to physical cues. You can assume that if someone looks over their watch or shoulder, their focus is not The most important thing is to pay attention.2. Use positive body language You can deduce a lot from a person's body language. Are they interested, bored or anxious? The body language of a good listener is open. They lean forward and express curiosity in what is said. Their expression is either smiling, showing concern, conveying empathy, etc. They let the speaker know they're being heard. People say things for a reason – they want some kind of feedback. For example, you say to your spouse, I had a really rough day! And your husband continues to check the newsfeed as he nods his head. Not a good answer. But what if your husband looked up asking, put down his phone and said, What happened? Then how would it feel? The answer is obvious. According to Alan Gurney, an active listener pays the speaker full attention and ensures that they understand the information to be provided. You can't be disturbed by an incoming call or Facebook status update. You must be present and in the moment. Body language is an important tool to ensure this. The right body language makes you a more active listener and therefore more open and receptive to the speaker's messages. At the same time, it shows you're listening to them. 3. Avoid interrupting the speaker I'm sure you don't want to be in the middle of a sentence just to see another person holding a finger or mouth open, ready to step into your unfinished rhetoric. It's rude and causes anxiety. Most likely, you should rush what you say, just to finish your sentence. The suspension is a sign of disrespect. It basically means: What I have to say is far more important than what you say. When you interrupt a speaker, they feel frustrated, hastily and irrelevant. Interrupting a speaker to agree, disagree, debate, etc., causes the speaker to lose his or her message. It's very frustrating. Whatever you have to say can wait until the other person is ready. Be polite and wait your turn!4. Ask questions Questions are one of the best ways to show that you are interested. If anyone tells you about their skiing trip to Mammoth, don't answer: That's nice. That would be a lack of interest and disrespect. Instead, you can ask: How long have you been skiing? Did you have a hard time learning? What was your favorite trip? Etc. The person appreciates you and thinks you're a great conversationalator just by asking a few questions.5. Listen This may seem counterintuitive. When you approach someone, it's usually back and forth. Sometimes you're just required to listen, smile or nod your head, and the speaker feels like they're really being heard and understood. I sat with a client once for 45 minutes without saying a word. He came into my office in need. She started crying quietly. Seat. Everything I did. At the end of the session, he stood, told me he was feeling much better, and then he left. I have to admit, 45 minutes without saying a word was difficult. But he didn't need me to say anything. He needed a safe space where he could emoji uninterrupted, without judging or me trying to fix something.6. Remember and follow that you are a great listener who remembers what the speaker has said to you, and then follow with them. For example, in your recent conversation with your co-worker Jacob, he told me that his wife had been promoted and that they were considering moving to New York. Next time you run into Jacob, you might want to say, Hey, Jacob! What happened to your wife's promotion? At this point, Jacob knows that you heard what he said and that you're interested in seeing how things are going. What a gift! According to a new study, people who ask questions, especially follow-up questions, can become better leaders, get better jobs and even win second dates. It's so easy to show that you care. Just remember a few facts and follow them. If you do this regularly, you'll make more friends.7. Keep confidential information confidentialIf you really want to be a better listener, listen carefully. If what you hear is confidential, keep it that way, no matter how tempting it may be to tell someone else, especially if you have mutual friends. A good listener means reliable and sensitive shared information. What you are told confidentially will not be disclosed. Assure the speaker that his information is safe with you. They are relieved to have someone with whom they can share their burdens without fear of it getting out. Keeping your trust will help deepen your relationship. One of the most important elements of confidentiality is also that it helps build and develop trust. It allows for a potentially free flow of information between the customer and the employee and acknowledges that the customer's personal life and all their problems and problems belong to them. Be like a therapist: listen and hold judgment. NOTE: I must add that while therapists keep everything confidential at the session, there are exceptions: If a client can be an immediate danger to themselves or others. If a customer endangers a population that is unable to protect themselves, as in the case of child or elder abuse. 8. Keep eye contact When someone speaks, they usually say something they consider relevant. They don't want their listener to read the text, look at their claws or bend over to pet a pos in the street. The speaker wants everyone's eyes. It tells them that their words have value. Eye contact is very strong. It can convey a lot of things without saying anything. At the moment, it is more important than ever with the Covid-19 pandemic. People can't see your whole face, but they can read. contact, I don't mean hard, creepy stare - just looking in the direction of the speaker does. Make a point of it the next time you chat so you can make eye contact with your speaker. Avoid the temptation to look away from their faces. I know it's not easy, especially if you're not interested in what they're talking about. But like I said, you can steer the conversation in the other direction or just tell the person that you have to beaded. Final ThoughtsListening will pay attention to your connection to anyone in your life. Now more than ever, when people are so disconnected because of smartphones and social media, listening skills are critical. You can build better, more honest and deeper relationships simply by being there, paying attention and asking questions that make the speaker feel what they have to say. Isn't that a good goal? Make people feel like they matter? Go hone your listening skills. You have two good ear. Use them now! More tips on how to be a better listenerFeatured photo credit: Joshua Rodriguez unsplash.com unsplash.com

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