

Active Listening- Sample

Introduction

There is one main point never to forget during your journey towards becoming an active listener: listening is not a tactic.

If you truly want to listen to people then you must take a genuine interest in them, and in what they have to say. You must gauge for yourself whether the speaker needs you to listen to them in support of their emotions, or whether they want to illicit a certain response from you. You must be interested in their feelings, in what they are truly expressing, and in other people's views and differences.

There is no tactic to speak of in this book. There is only genuine knowledge and understanding to be gained.

What you can do is seek to improve your social skills; to seek to communicate and listen more readily to your friends and family, your lover and your children. You can learn to listen in an active way. You can learn about the barriers that might be preventing you from listening, and what you can improve on to gain a better understanding of the people around you.

When you *want* to listen, you will want to learn, laugh, play, widen your horizons, and take in new perspectives and ideas. When you listen actively your aim is to understand what is being said; the words and the feelings. Active listening aims to understand the message of the speaker, as they originally intended it to be understood.

This book will help you to become a better listener, not so you can pretend that you are interested in what is being said, for that would only be a form of non-listening. This book can help you to understand how to *really* listen, not just how to hear words, but how to understand the meaning. It can help you to overcome the obstacles that stop you from listening, to know your own listening flaws, and to work on improving your relationships with the power of active listening.