

Hmmm, I wonder how my listening filters suggest whether I am presencing or moving through fear?

Whole Body Listening

LISTENING THROUGH PRESENCE

Listening for possibility

Listening for what is most wanted

Listening with curiosity

Listening to understand

Listening to appreciate

Listening for mutual creativity

Listening for essence

Listening for feelings

1. Turn fully toward the speaker
2. Open your body posture, while breathing easily
3. Acknowledge the communication
4. Clarify and confirm what you have heard

LISTENING THROUGH PERSONAS

VICTIM

Winning,
Listening for who is right,
Correcting, Criticizing

VILLAIN

Looking interested,
Self referencing, Spacing out,
Overriding, Comparing,
Interrupting

HERO

Holding breath, Controlling,
Care taking, Figuring it out,
Fixing

LISTENING THROUGH FEAR

FIGHT

Correcting, Criticizing, Policing,
Judging, Justifying, Arguing,
Being sarcastic, Defending,
Explaining

FLEE

Interrupting, Apologizing,
Comparing, Doubting,
Dismissing, Editing, Getting
Silly, Intellectualizing, "Looking
interested"

FREEZE

Getting quiet, Ignoring,
Rehearsing, Smiling,
Fixed eye gaze

FAINT

Spacing out, Getting confused,
Getting wordy, Getting
distracted,
Day dreaming