

**[1] Before We Start...**

What is a good listener?

**[2] Definitions:**

offer corrections

unsolicited

more often than not

empathy

commentary

non-judgmental

is such a relief

room to think/grow

convey

somehow lacking

“enlightening” others

different perspectives

mindful

catalyst

steer

### [3] Watch the presentation

### [4] Read the text

#### A GOOD LISTENER

When someone wants to be helpful, they often give advice or offer corrections. Such unsolicited counseling in response to something you said is often not welcome. Have you ever shared with someone something that bothered you---or perhaps you were only making conversation--only to have a person lecture you about how you *should* think about it or what you *need* to do about it? More often than not they will tell you that they have had a similar experience and they go on to tell you all about it. Empty encouragement without any real empathy can make the speaker feel belittled.

Listen with an open, quiet mind. In so many cases, non-reactivity is so much better. You don't want to escalate any emotions with your commentary. Having someone non-judgmental just listen to you is such a relief. By not reacting or judging, the person sharing can have room to think and grow because he or she will have space to feel and think. When we give advice when it's not explicitly sought, it conveys that the person is somehow lacking. Don't be a person who gets energized and makes yourself feel good by "enlightening" others to your worldview.

If you really care, try to create a conversation of open, quiet thoughtfulness. Allow the person to move in and out of different perspectives by asking mindful questions. Become a catalyst for meaningful reflection and learning. Instead of steering the dialog in a direction of your choosing, let it unfold in a way that contributes to growth and possibilities.

**Think about:** Why are some reasons for many people giving unsolicited advice?

**[5] Circle the correct word:**

- We should listen with an open [ *busy* / *quiet* ] mind.
- Having someone [ *judgmental* / *not judgmental* ] is such a relief.
- Allow the person to move in and out of different perspectives by asking [ *interesting* / *mindful* ] questions.
- [ *Do* / *Do not* ] steer the dialog in a direction of your choosing. Instead, become a catalyst for meaningful reflection and learning.
- Dialog should [ *be steered* / *unfold* ] in a way that contributes to growth and possibilities.

**[6] Phrase match:**

A. offer	_____	than not
B. making	_____	lacking
C. more often	_____	encouragement
D. empty	_____	conversation
E. mindful	_____	corrections
F. somehow	_____	questions

**[7] Listen and fill in the blanks:**

If you really care, try to create a \_\_\_\_\_ open, quiet  
 \_\_\_\_\_. Allow the person to move \_\_\_\_\_  
 \_\_\_\_\_ of different perspectives by asking \_\_\_\_\_  
 questions. Become a \_\_\_\_\_ for meaningful reflection and learning.  
 \_\_\_\_\_ of steering the dialog in a direction \_\_\_\_\_  
 \_\_\_\_\_, let it unfold in a way that contributes to growth and  
 \_\_\_\_\_.

**TODAY'S ASSIGNMENT**

**In pairs or in a small group, answer or do the following:**

1. For the 4 words/phrases below, write meanings in English + write an original sentence that includes that word. Make good sentences!

empty encouragement

if you really care

catalyst

let it unfold (*\*not literal definition*)

2. Imagine you live with a family member who always lectures you about *how you should think* or *what you need to do* about things. That person strongly believes (maybe rightly, maybe wrongly) it is his or her right to give unsolicited advice. You are tired of this so you stop talking to them about things in your life. Now, that family member complains that you never share information or stories with them and they feel rejected. Discuss deeply from many angles and write a solution:

**STUDENT NAMES & CLASS NUMBERS:**