

Listening With Generosity....

the other half of communication



Jean Muir
source material- Dr. Jennifer Finlayson-Fife
Dr. Stephen R. Covey

“The first duty of love is to listen”.

Paul Tillich



“Husbands and wives, learn to listen, and listen to learn from one another...taking time to talk is essential to keep lines of communication intact.”

Elder Russel M. Nelson

Often we don't listen with the intent to understand; we listen with the intent to:

- Make a clever reply
- Protect ourselves
- Prove we are right
- Demonstrate our superior intellect
- Demonstrate our more righteous motives



Are you listening
or waiting to speak?



CuriositiesByDickens.com

DR. JOHN GOTTMAN- 4 MOST DESTRUCTIVE MARITAL BEHAVIORS

“The 4 Horsemen of the Apocalypse”

Verbally aggressive behaviors



Criticism



Contempt

Listening passive/aggressive behaviors



Defensiveness



Stonewalling

DEFENSIVE Behavior

Occurs when an individual perceives or anticipates a threat. Common reactions:

- **passive:** to become quiet and/or withdrawn
- **aggressive:** verbally or physically attack or judge and blame another person
- **assertive:** establish clear boundaries and express what is wanted or needed

Defensiveness
resides in a small
soul.



STONEWALLING

A “stonewaller” doesn't give you casual feedback. He tends to look away or down without uttering a sound. He sits like an impassive stone wall. The stonewaller acts as though he couldn't care less about what you're saying, even if he hears it.



First seek to understand, then to be understood

Levels of listening:

- 1. ignore
- 2. pretend
- 3. selective
- 4. attentive
- 5. empathic



From Steven R. Covey
7 Habits of Highly Effective People

Listening with Generosity...

- Often requires our ability to turn the other cheek
- Is going above and beyond the ordinary expectations with small acts of service and making an extra effort to be affectionate. Dr. Jennifer Finlayson-Fife



Couples who listen with generosity are far more likely to report being “very happy” in their marriages.

Essence of empathic listening

- Restate the other's position
- Get on the same side as the person to look at the situation or problem together
- Avoid an adversarial position to drain hostility



Listening with love

- The key to human influence is to first be influenced.

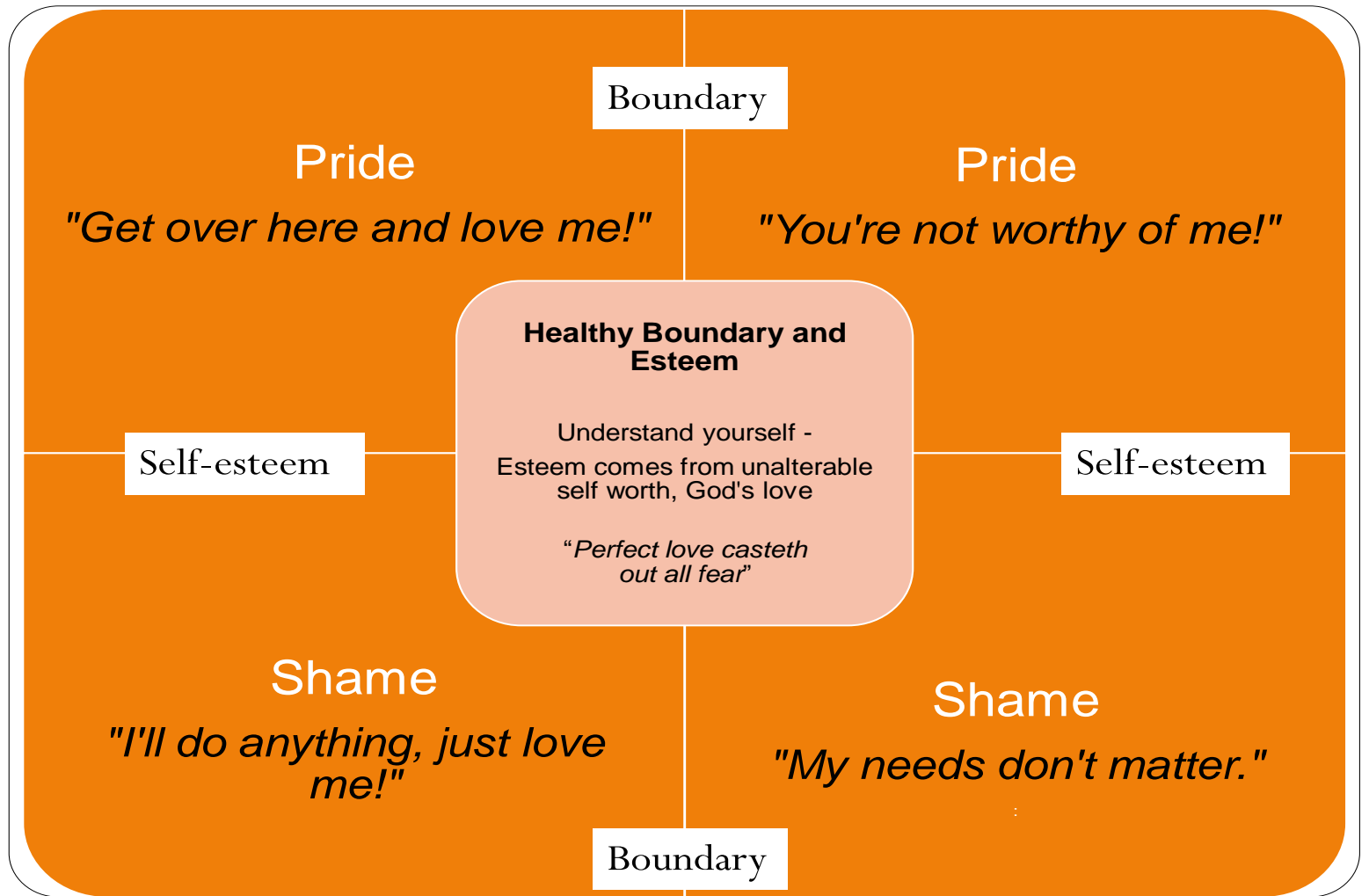
“Let your partner influence you-hear what he/she says, how it is said, and the underlying emotion.”

Dr. John Gottman

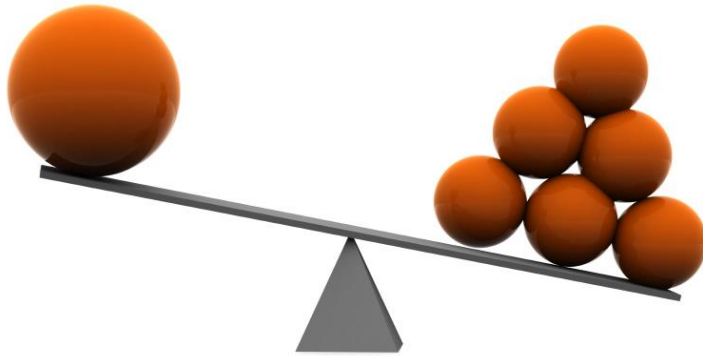
- This is a stance of vulnerability
- Not a place to assert
 - Authority
 - Knowledge
 - Superiority
 - Control

At the core of the ability to listen and respond relationally is a functioning relational boundary.





Generosity requires a clear internal boundary



A dysfunctional internal boundary is not balanced. Everything is interpreted as too much or too little.



A solid internal boundary protects us from unfair accusations and malicious actions. It allow us to listen with generosity and love.

**IS WHAT I'M HEARING
TRUE FOR ME, OR NOT
TRUE?**

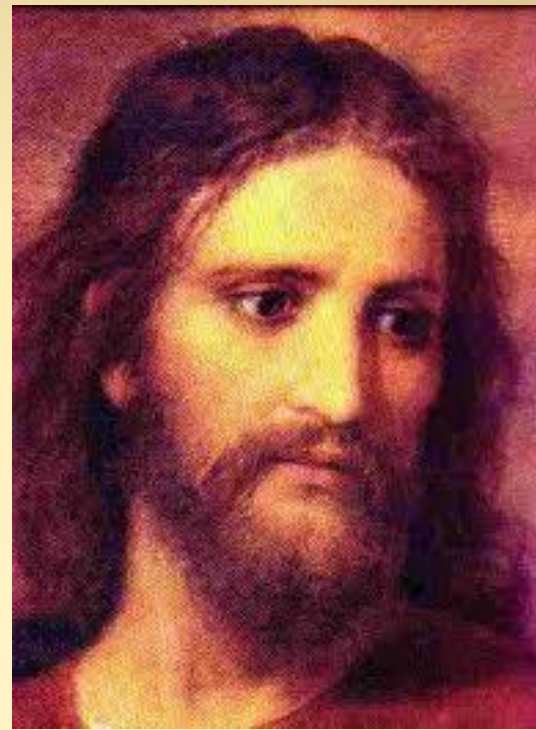


Relational Listening

1. Scan for the positive
2. Lead with what is true
3. Choose what can be altered
4. Focus on the speaker



**CHRIST TAUGHT BY
EXAMPLE:**



When we are clear enough about who we are, about our worth as a child of God, we can have the humility and strength to love those around us, even when we feel misunderstood by them.

The Bloomington Stake is Supporting Marriage and Relationships

- Establishing Marriage and Relationship classes in many of the wards
- Special website: www.loveunparalleled.com for study by couples and individuals
- Developed presentations – specifically- youth, singles, married members
- Encouraging Sacrament meeting talks, combined Priesthood RS presentations, Standards nights, firesides, etc.



