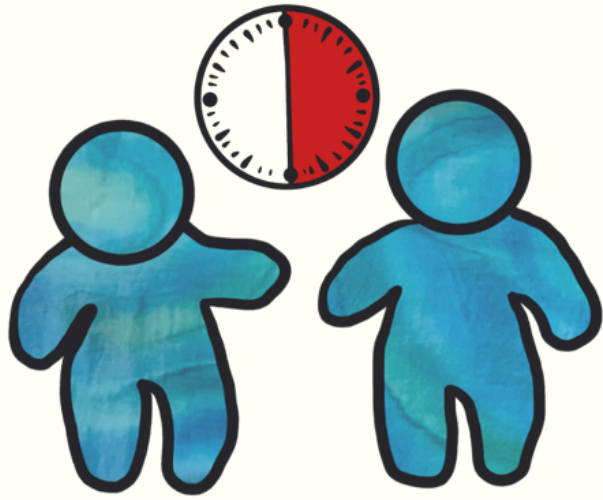
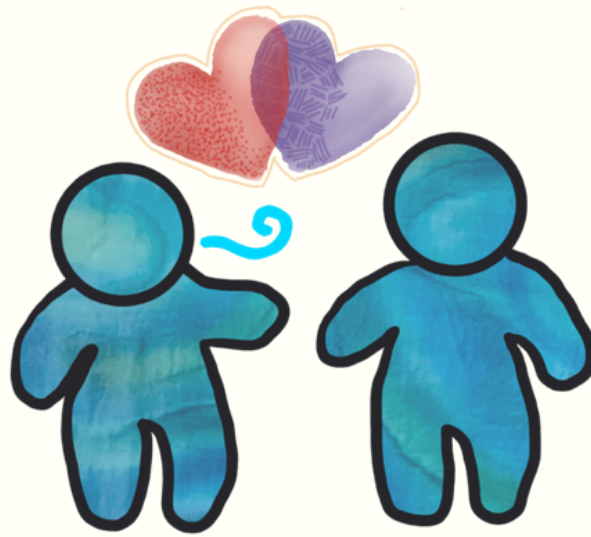


# Listening Exchanges

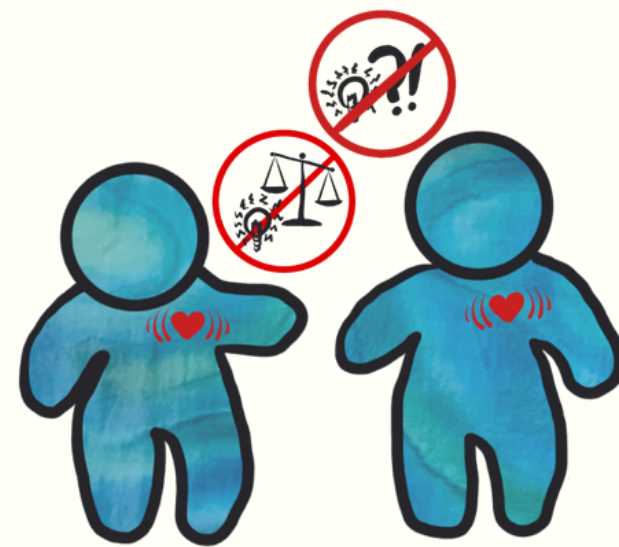
*A Basic Guide to A Powerful Practice*



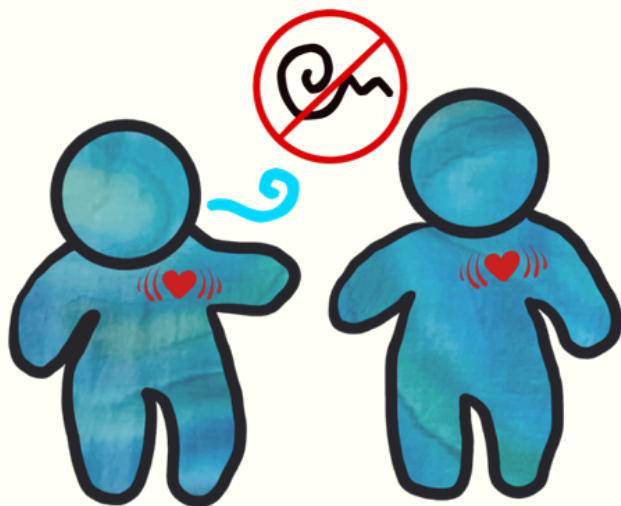
Take turns (equal time)  
without interruptions.



Listen with respect  
and full attention.



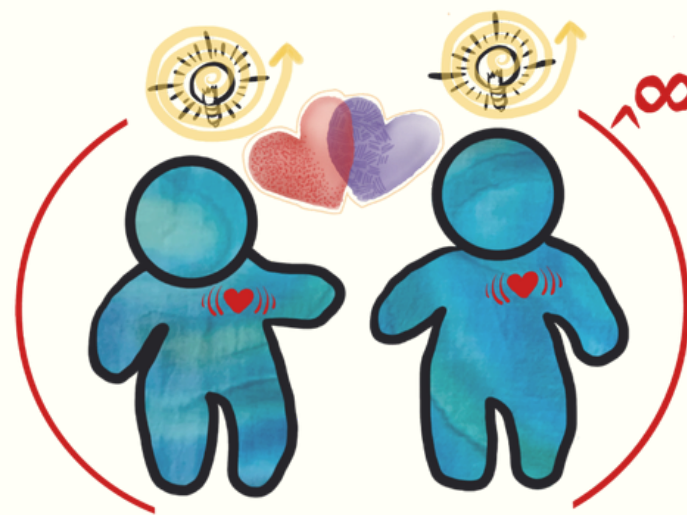
Withhold judgement.  
Refrain from asking  
questions, giving advice.



Keep confidentiality,  
don't refer to someone's  
turn without permission.



If feelings come up,  
welcome and make  
space for them.



Listening exchanges  
support us to think,  
heal, stay connected  
and act powerfully.