

What's it like to be listened to?
What's it like for you to listen with
your full attention?

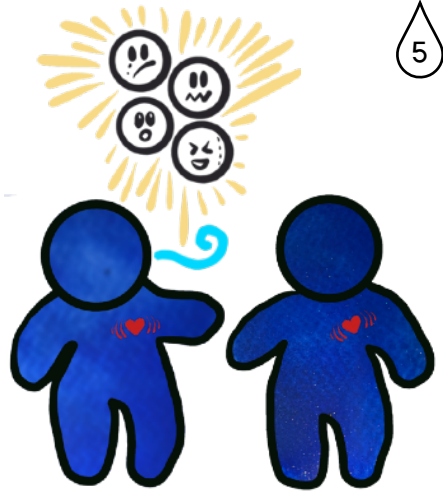
Who might make a difference to
you to invite to try this practice?

When and how might you integrate
this practice into your organizing
and/or community building work?

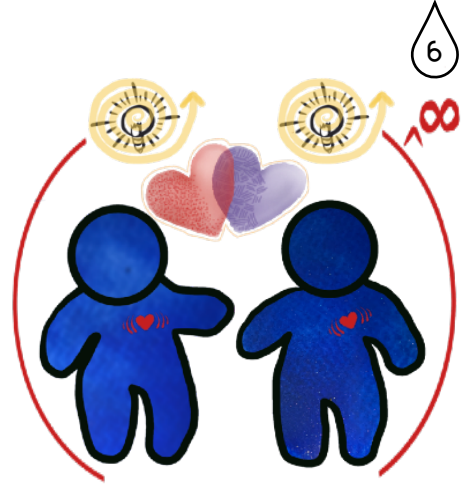
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**If feelings come up,
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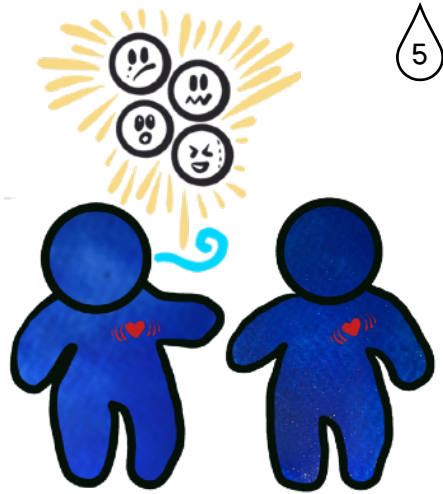


**Listening exchanges
support us to think, heal,
stay connected and act
powerfully.**

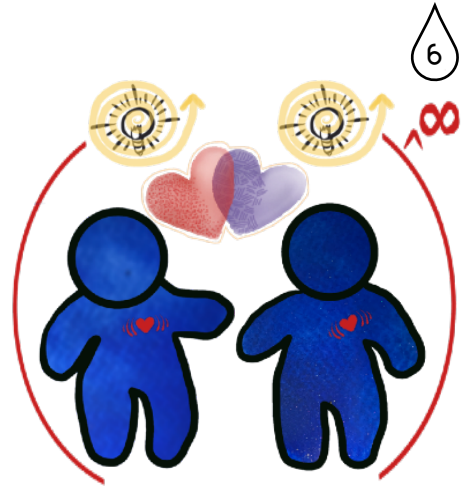
Listening Exchange



A Basic Guide
to a Powerful Practice



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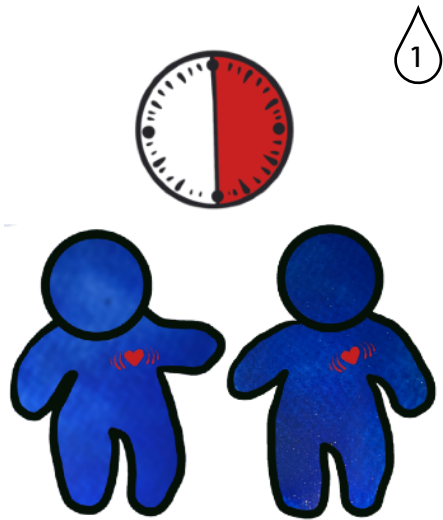


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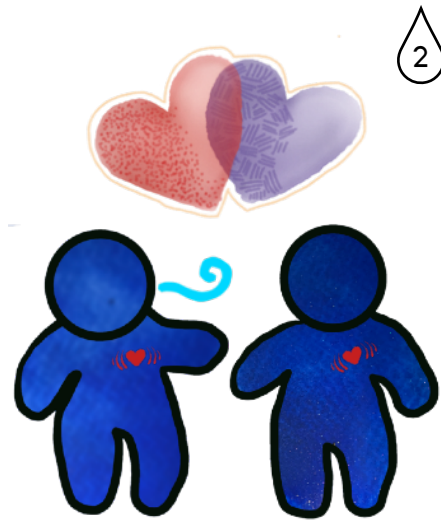
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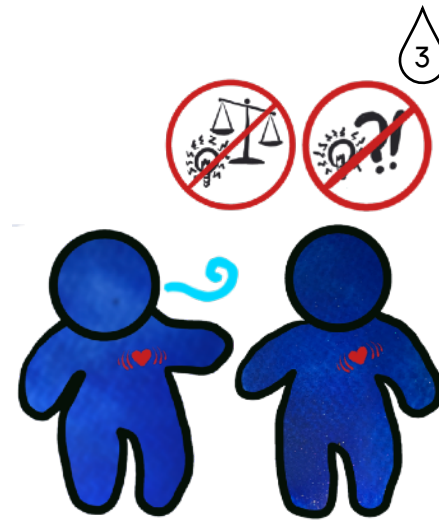
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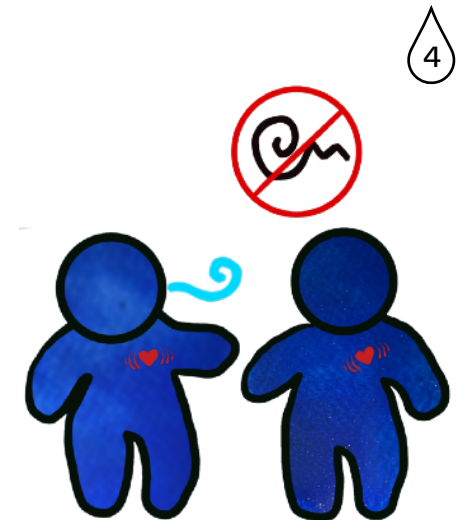
**Take turns (equal time)
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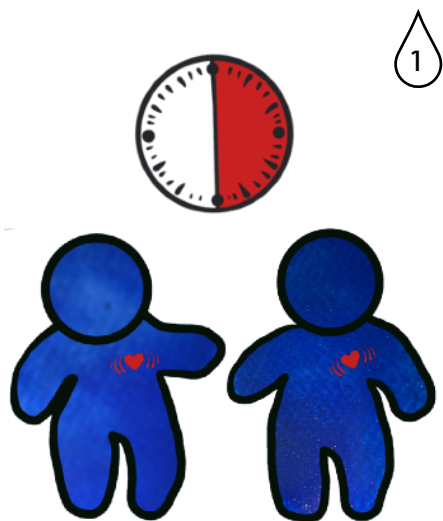
**Listen with respect and
full attention.**



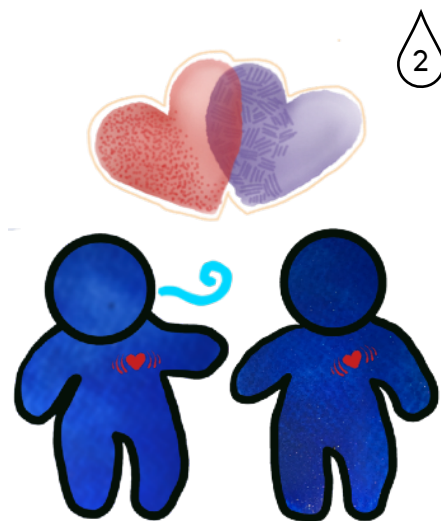
**Withhold judgement.
Refrain from asking
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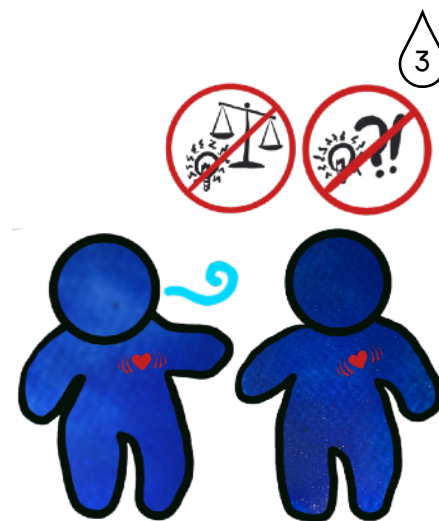
**Keep confidentiality,
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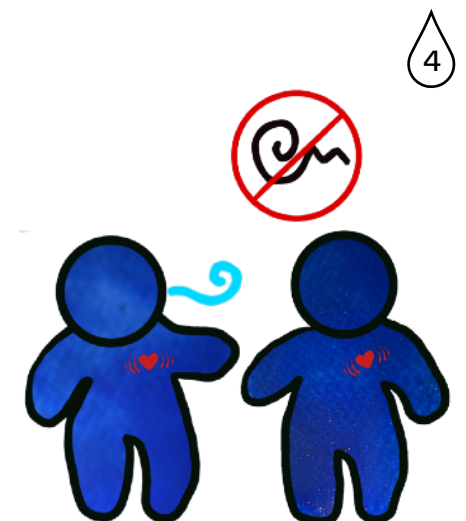
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