

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

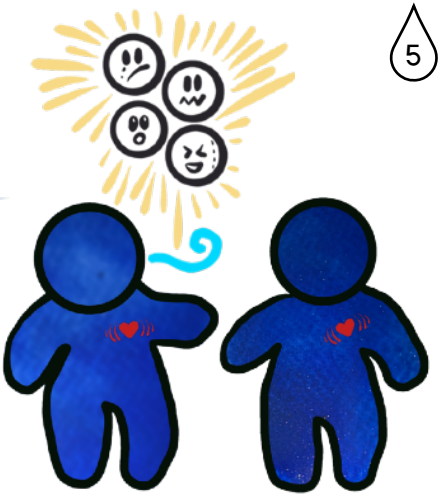
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Who might make a difference to
you to invite to try this practice?

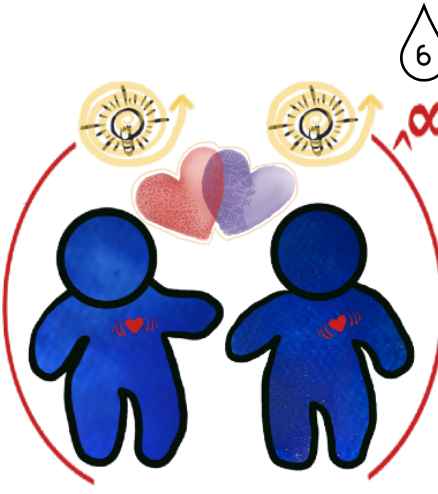
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When and how might you integrate
this practice into your organizing
and/or community building work?

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



**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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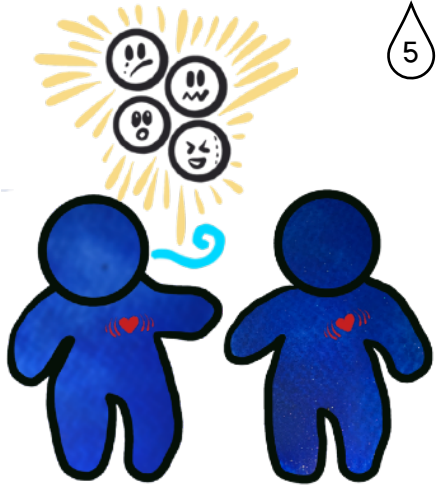
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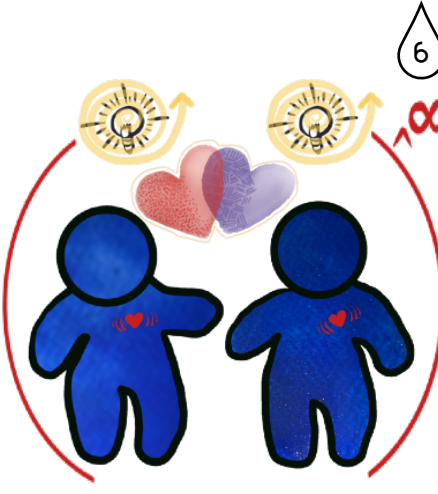
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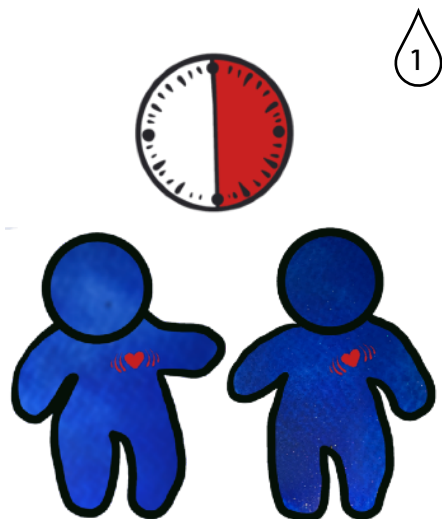


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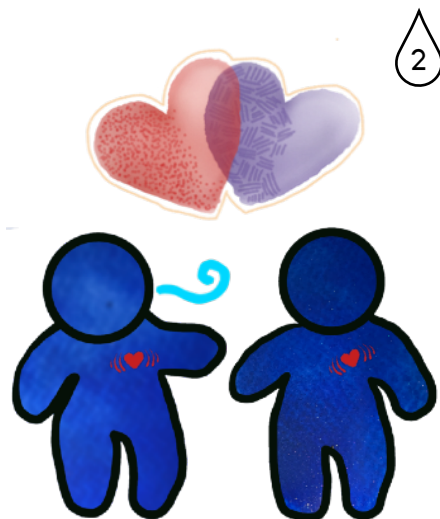
Listening Exchange



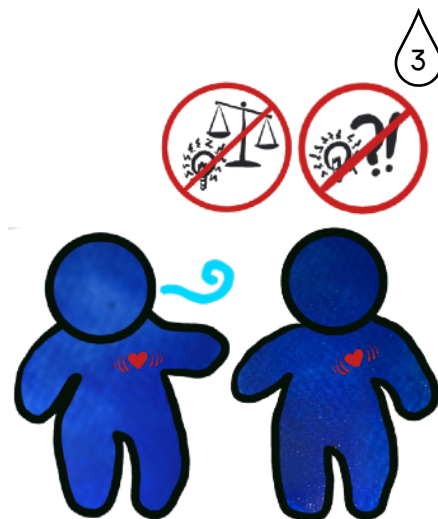
A Basic Guide
to a Powerful Practice



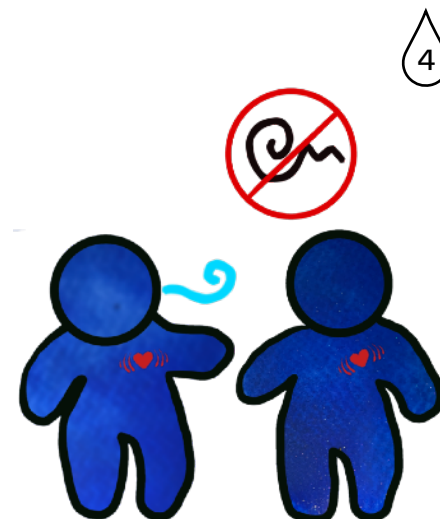
**Take turns (equal time)
without interruptions.**



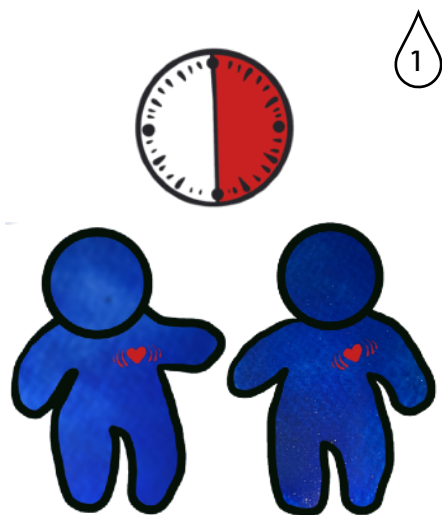
**Listen with respect and
full attention.**



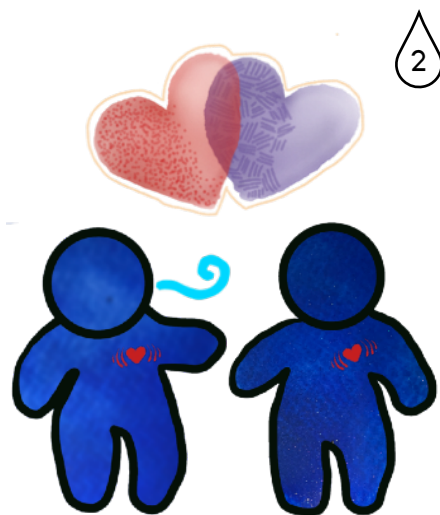
**Withhold judgement.
Refrain from asking
questions, giving advice.**



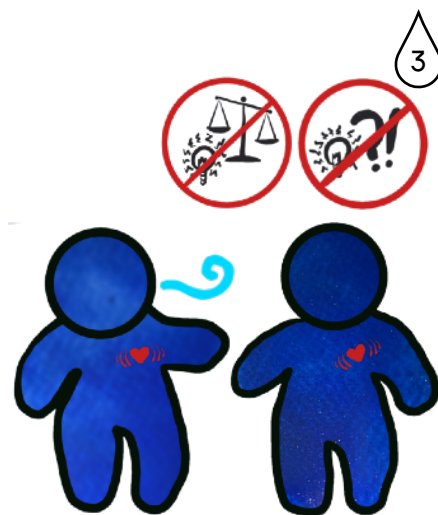
**Keep confidentiality,
don't refer to someone's
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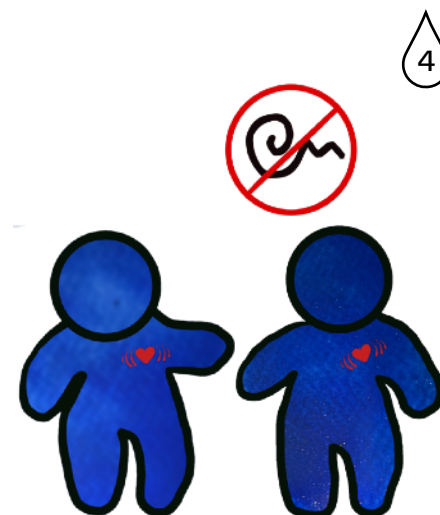
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