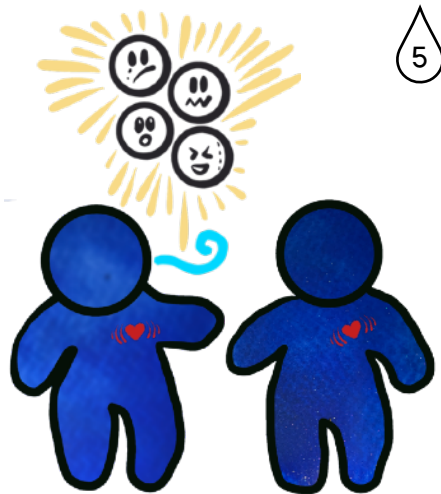


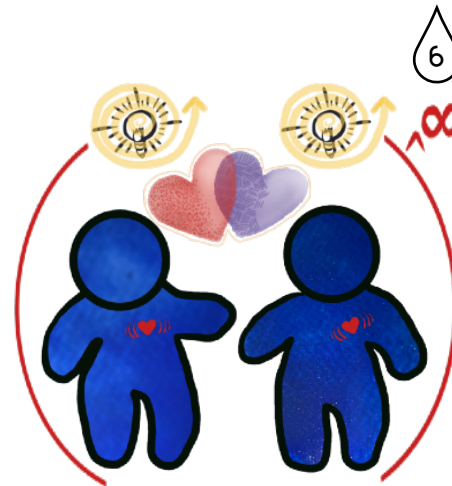


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**If feelings come up,
welcome and make space
for them.**



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

Listening Exchange

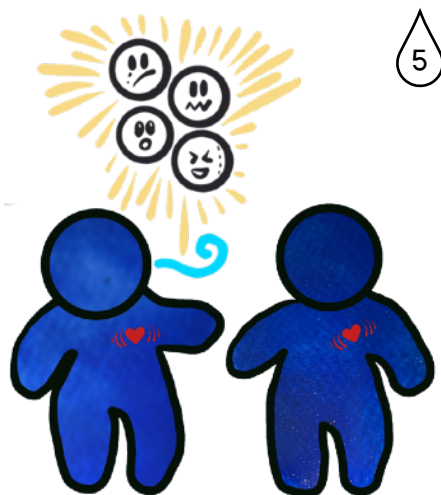


A Basic Guide
to a Powerful Practice

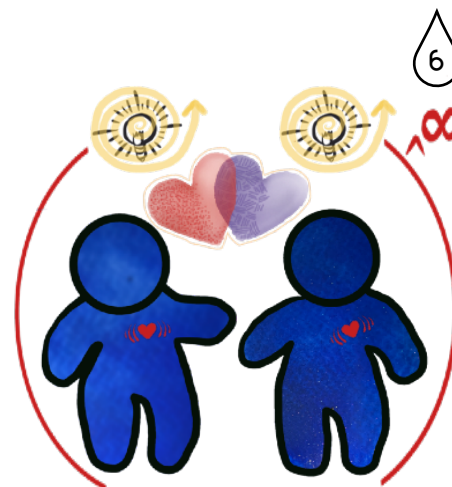


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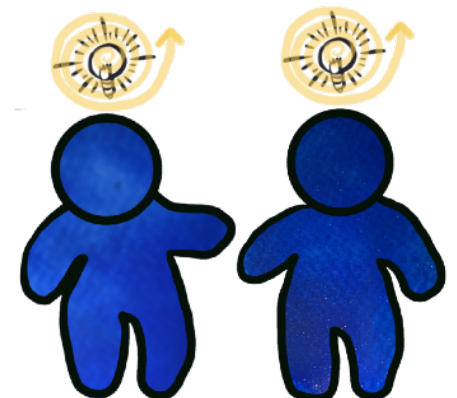


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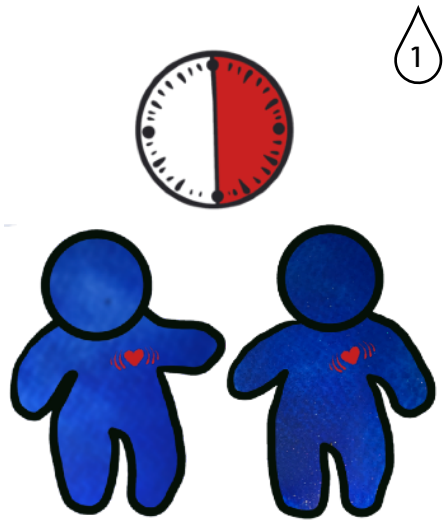


**Listening exchanges
support us to think, heal,
stay connected and act
powerfully.**

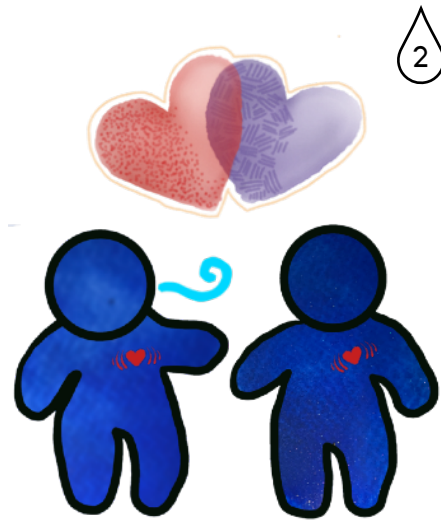
Listening Exchange



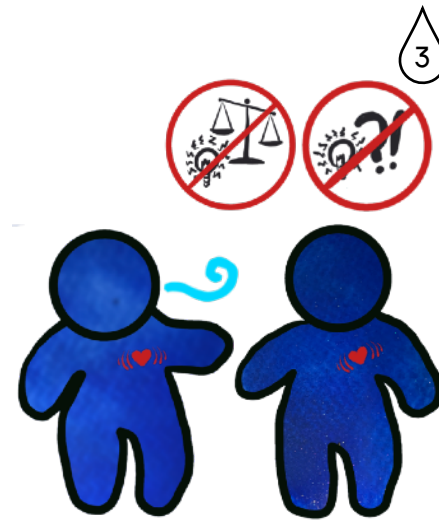
A Basic Guide
to a Powerful Practice



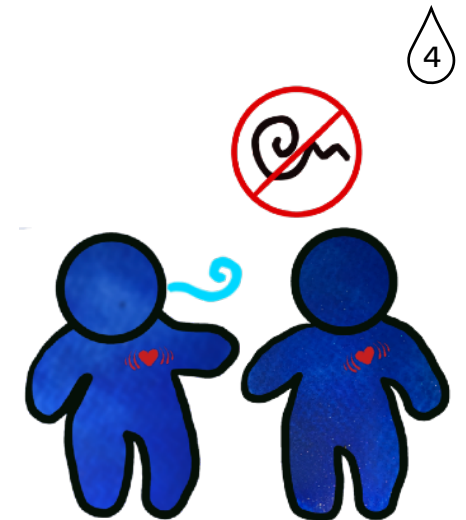
**Take turns (equal time)
without interruptions.**



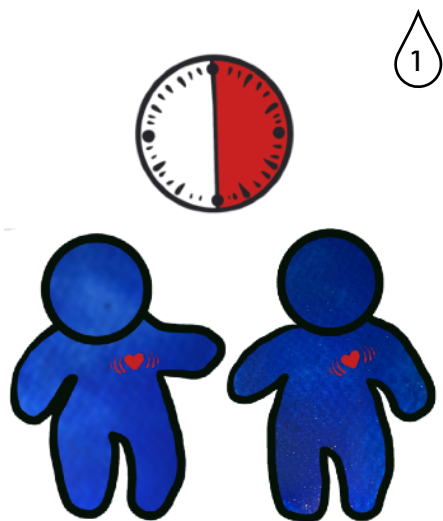
**Listen with respect and
full attention.**



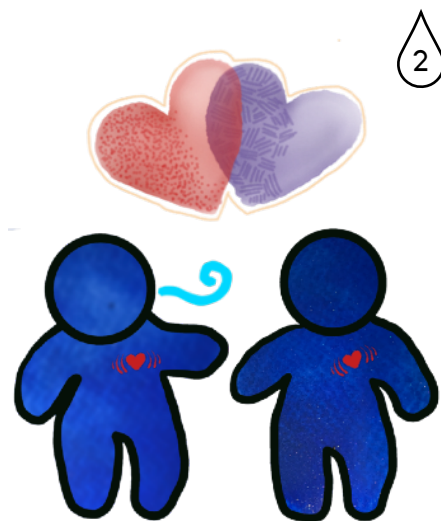
**Withhold judgement.
Refrain from asking
questions, giving advice.**



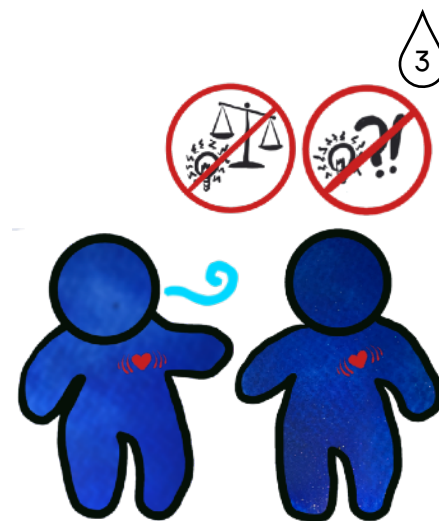
**Keep confidentiality,
don't refer to someone's
turn without permission.**



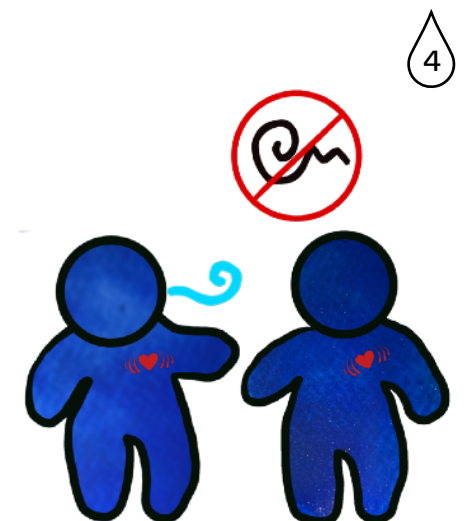
**Take turns (equal time)
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**Withhold judgement.
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