

REFLECTIVE LISTENING PROCESS

After you're both in a peaceful place, have reminded yourselves that the person you love is across from you, and are ready to understand, you begin.

1. **Who goes first?** When both of you want to speak first, flip a coin to decide who will begin.
2. **The first person says what's on their mind.** Look at your partner and say what you want as clearly and calmly as possible.
 - Take a deep breath and focus on the center of your chest if you get too upset.
3. **The second person reflects back what they heard.** State what your partner said in your own words.

- Listen for the feelings behind what your partner is saying. For instance, there is a difference between angry and hurt.
4. **The first person either agrees with their partner's interpretation or says that wasn't what they meant.**
 - If your partner misunderstood, rephrase your thoughts and repeat the process.
 5. **Keep repeating the process until the speaker agrees that the listener understands what the speaker was saying.**
 6. **The other person then gives their response and the process is repeated.**

In reflective listening you learn about each other. You hear the thoughts and feelings without your own interpretation interfering with the message. As you gain experience, you'll spend less time rephrasing your thoughts because you understand each other more easily.

Set aside each week to communicate with each other using Reflective Listening. You'll especially want to use this process when you feel misunderstood or you're having a challenging time with your relationship.