



FIVE FOR FAMILIES IDEA

Being a Good Listener

Really listening and tuning in to what a friend is trying to communicate is one key way to forge a solid relationship.

Unplug: Put away devices and distractions that divide your attention.

Be present: Listen without thinking ahead to what you are going to say next.

Take your time: Pause before responding to what someone has said.

Reflect: Restate what you heard to make sure you understood the other's point of view.

Avoid: Try not to judge, give too much advice or change the subject.