

The Art of Listening

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“I know that you believe you understand what you think I said, but I’m not sure you realize that what you heard is not what I meant.”

- Alan Greenspan

How God Has Wired Us for Connection

The ABC’s/123’s exercise

Listening is . . .

Hearing is . . .

As a compassionate caregiver, how else do you listen?

1. Select ONE of the questions below or a question you come up with, to use as your focus question.

1. What brings you joy in your life?
2. What brings you sorrow?
3. What worries you now?
4. When have you found courage in hard times?
5. What are you grateful for?
6. What are you proud of?

2. Tell your partner which question you selected.

3. For 5 minutes you share your response, your partner will thank you and ask the SAME question again.

4. Sarah will bring you back to the large group.

5. You will switch partners and repeat the process.

6. Sarah will bring you back to the large group.

7. Sarah will then send you back into your dyad to process together what this exercise was like for you for 4 minutes.