

Listening to determine

Ways to de-emphasise this type of listening:

1. Notice when you have become engrossed in your own thoughts and have lost track of what the speaker is saying. Set your inner train of thought to one side for the time being.
2. Notice when you have become preoccupied with judging what the speaker is saying. Redirect your attention to listening to discover in the first instance.
3. Notice when you are becoming preoccupied with thinking about what to do with what you're hearing.
4. Notice particularly when your attention has shifted to your own controlling voices, preparing yourself to Challenge, Direct or Evaluate.
5. Notice if you're starting to feel physically tense or impatient with the speaker. Slow your breathing back down and return your gaze and attention to the speaker.
6. Make a note of anything that feels 'wrong' about what the speaker is saying. Rather than disagreeing with them, first ask yourself whether your response is based on an assumption on your part.
7. Then ask them for further evidence to support what they are saying.