

Listening to differentiate

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 making sense of what the speaker is saying. Redirect your attention to listening to discover in the first instance.
3. Notice when you are becoming preoccupied with formulating what you might say next.
4. Notice particularly when your attention has shifted to your own positioning voices, preparing yourself to Articulate, Advocate or Advise.
5. Notice if you've started to doodle or produce drawings or diagrams about what you're hearing. Return your gaze and attention to the speaker.
6. Use either your Inquire or your Probe voice to switch your attention back towards finding out.