

## PROJECT TALK AND LISTEN



### ABOUT

PROJECT TALK AND LISTEN is a practice and an experiment to talk openly and listen empathetically. It's an invitation to work with two experiences:

- Talking with genuineness and transparency.
- Listening from the other's point of view without judgment, evaluation, approval or disapproval of the statements.

### GUIDELINES

Aim for 30 minutes total. Each person gets 15 minutes to talk and 15 minutes to listen.

Talk transparently. Listen quietly.

Agree to be curious, flexible, open, and courageous.

Decide whether you'll sit or walk while you talk and listen. It's up to you.

### THE PRACTICE

Choose a topic. (Topics are on [wonderanew.com](http://wonderanew.com).)

Read, listen, watch, or look at the topic.

Take turns talking and listening as you:

1. Describe what you saw, heard, or read.

*"Describing is a process of overall observing, particular noticing, and telling what you see or otherwise sense...To describe is to name it and its characteristics and qualities...People seem to believe that if what they are asked to describe is in front of you and them, then they think there is no need to say what they see because they wrongly assume that we all see the same things in the same way. We do not. We look at things differently, we notice different aspects, and we use different words when we tell about what we see." - Terry Barrett, CRITS (in contract, Bloomsbury Publishing, London)*

2. Complete each of these two sentences in paragraphs.

When I see/read/listen/watch \_\_\_\_\_, I *think* \_\_\_\_\_ ...

When I see/read/listen/watch \_\_\_\_\_, I *feel* \_\_\_\_\_ ...

### **AFTER**

Reflect on your experience. If you choose, write about it in a paragraph. Share it with your partner sometime in the next couple days.

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