

Project Talk + Listen

Susan Michael Barrett



ABOUT

Project Talk + Listen is a practice and an experiment to talk openly and listen empathetically.

It's an invitation to learn from two experiences:

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

It's not a discussion. It's an opportunity to learn about your propensities (habits and patterns) around expressing and listening.

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.

DO THIS:

Choose a topic from the Wonder Anew website.

Take turns talking and listening as you:

1. Describe what you see (or hear). This might sound absurdly simple. It's not. It's very hard to observe and say what you see.

"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 or hear _____, I *think* _____ ...

When I see or hear _____, I *feel* _____ ...

3. Reflect on your *Talk + Listen* experience and share it with your talk and listen partner sometime in the next couple days and if you wish, on the Wonder Anew Facebook page.

ABOUT SUSAN MICHAEL BARRETT



Susan Michael Barrett is the founder of Wonder Anew (wonderanew.com), a place to process personal difficulty. *Project Talk + Listen* is her personal practice and offered to you. Find Susan on Facebook or by email at wonderanewproject@gmail.com.