

Pondering Point

With so many things going on in our everyday lives, it's no wonder we find it challenging to find time to stop, drop what we are doing and listen to others. *What happens when we are too distracted to listen to what another is saying? How do we silence the voices in our heads long enough to hear someone else?* Many of us are guilty of the "Let's walk and talk" when we attempt to multi-task our time. We ask the person to speak to us as we engage in something else. The bottom line is that when we multi-task with something else we are not devoting 100% of our attention to any one thing. *Can you listen to the whole problem with only half an ear?* It may be worth giving someone half an ear... if they are willing to take it.

Pay attention to our emotional state when we have to listen. *If given the choice, can we choose to NOT listen out of respect for our own emotions and distractions? Is it always necessary to put our own thoughts on hold for others? "Am I really going to be able to give you 100%?"* Having outside problems, tasks, concerns and excitements can cause us to be unfocused and make it difficult to concentrate on what they are saying. **Active listening and respecting others means giving them the time and attention they deserve.** Be open to what the other person is saying and try to see it from their perspective. We may find they don't need as much from us as we originally thought.

Stop. Drop. LISTEN.

How can we be an active listener when we have so much going on?

Avoid the mind drift - How do you anchor yourself in a sea of thoughts?



Imagine... being able to lend an ear with an open mind.

— From Pondering to Practice —

Activity:

Try this – Anchors Away!

If you find it difficult to concentrate on what someone is saying, try repeating their words mentally as they say it – this will reinforce their message and help you control mind drift.

"You cannot truly listen to anyone and do anything else at the same time."

— M. Scott Peck

The Charmm'd Foundation would like to thank Linda Stremmel from Integrated Coaching Solutions, www.in-insight.com, for Pondering with us this week!

Reflection:

- What happens to you when you are too distracted to listen to what another person is saying?
- Are you taking the time to pause (breathe) and ask yourself if you can/are willing to devote the time needed to this person?
- Do you sometimes find yourself multi-tasking your listening time with other things?
 - How did that go?
- Have you ever tried to fix things or answer the question before the person was done speaking in an attempt to expedite the listening process?
 - Why were you impatient with them?
 - What happened when you tried to do this?
 - How were they affected?