



## Pair Communication Active-Listening Exercise

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*Developed by Emily White and Nancy Mohr.*

### **In pairs**

1. Person #1 has 1.5 minutes to talk about:
  - “Some strong feelings I’ve been having about work lately...” or
  - “A highpoint of this week...” or
  - “A place of peace...”

Person #2 cannot talk (imaginary Band-Aid over mouth) until time is up. Facilitator will announce time; wait until time is called to switch. (90 seconds)

2. Person #2 paraphrases, restates content and reflects feelings. You don’t have to be a tape-recorder, just say back what hits you: “So, I heard you saying...” (45 seconds)
3. Person #1 gives feedback about how it felt. Appreciation if it felt like you were really heard. (15 seconds)
4. Now switch.