Pair Communication
Active-Listening Exercise

_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)