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)