



## 505

### Listening from

Think about all the situations or contexts in which you listen to people, and how your filters affect you – you might want to get your exercise from section 304 and review your filters in order to do this.

You may find one default position that recurs or underlies all these situations, for example critical listening, or there may be a small set of them. The listening positions may include some of the examples I have given here, or they may be unique to you: there are as many potential listening positions as you care to imagine.

Now you have the situations and positions identified, ask in each case: is this is the most effective listening position for this situation? If not, describe a better one and then practice consciously moving to that position each time you are in that situation.

This is best done one context at a time or it can become overwhelming and demotivating: it's not easy to change the habits of a lifetime, so it will take perseverance. Start today and do a little every day and you will build up a keen awareness of your listening positions, and become much more able to assess and shift to ideal ones in every situation.