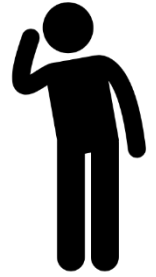


Types of Listening

**Subjective
Listening**

**Objective
Listening**

**Intuitive
Listening**



Level 1: Subjective Listening

This type of listening is influenced by the personal feelings, opinions, and experiences of the listener. Whatever is said is often related to what the listener would do.

Person 1: "I'm feeling really anxious about this upcoming presentation at work. I'm worried I'll mess it up."

Person 2: "You just have to take a deep breath, get in there, and just do it! That's what I do."

Level 2: Objective Listening

This type of listening is typically detached and unbiased, focused on the person who is speaking without any personal interference. It avoids relating the information to the listener's own experiences, which is effective but may not reach the "heart" of the matter

Person 1: "I'm feeling really anxious about this upcoming presentation at work. I'm worried I'll mess it up."

Person 2: "It sounds like you're experiencing a lot of stress regarding the presentation. It's understandable to feel that way when facing something important."

Level 3: Intuitive Listening

Intuitive listening involves a deeper, instinctual understanding of the speaker's message, picking up on unspoken cues and underlying emotions. The listener attentively senses the speaker's tone, energy, and feelings, as well as what is not being said. This powerful form of listening allows for a profound connection with the speaker.

Person 1: "I'm feeling really anxious about this upcoming presentation at work. I'm worried I'll mess it up."

Person 2: "It sounds like you're under a lot of pressure with this presentation. Your tone suggests you're feeling quite apprehensive about it. I can sense how important it is for you to do well. Is there anything specific that's contributing to your anxiety that you'd like to talk about?"