



“Most people do not listen with the intent to understand; they listen with the intent to reply.”

Stephen R. Covey, *The 7 Habits of Highly Effective People:*
Powerful Lessons in Personal Change

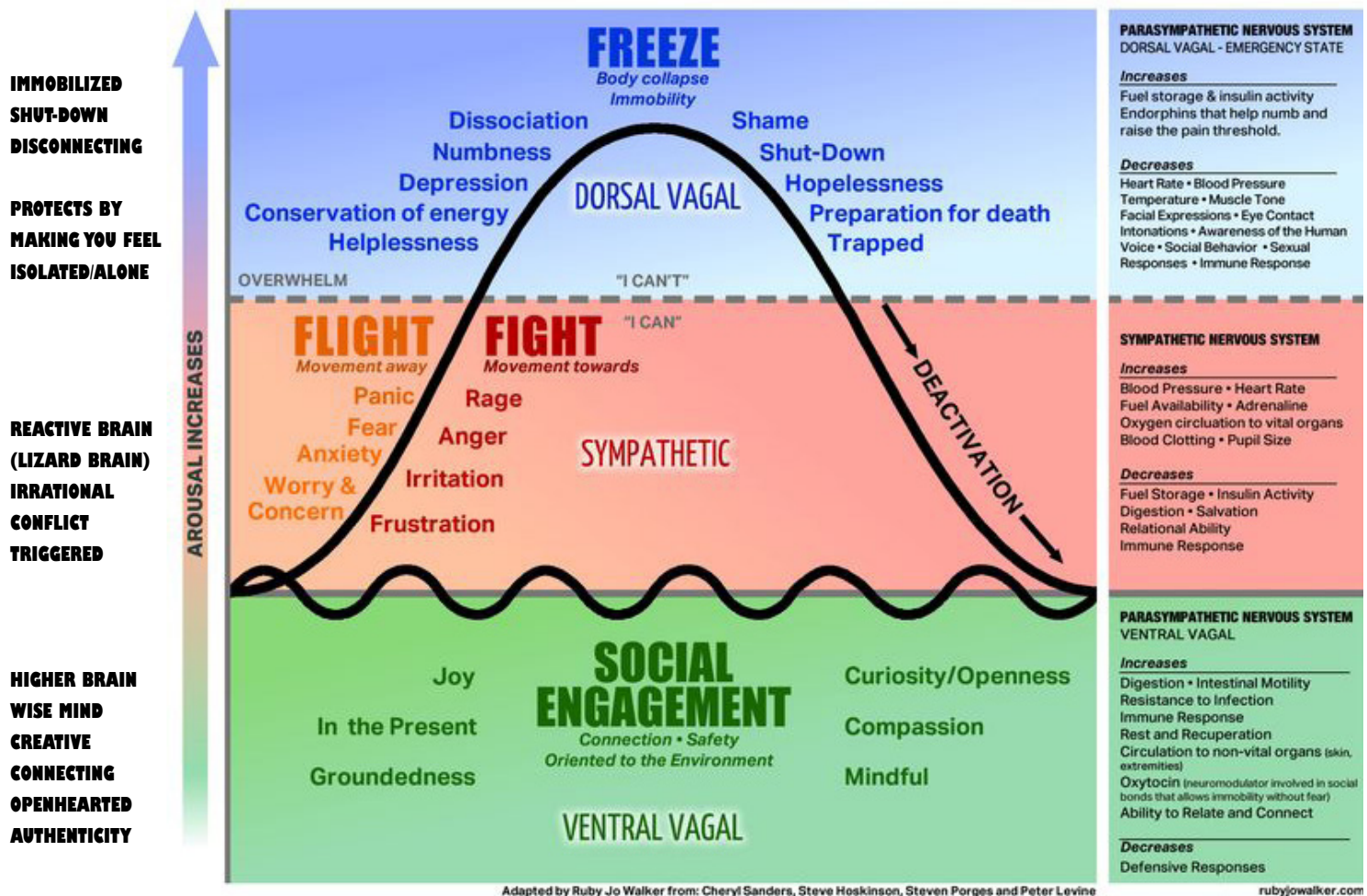
OPENHEARTED LISTENING

MOVING INTO THE INTENT TO LEARN INSTEAD OF THE INTENT TO PROTECT/DEFEND/EXPLAIN

Keep this checklist in mind during interactions with your loved ones.

- I have the **Intent to Learn** how I am feeling and what I'm sensing in my own body as I listen
- I allow my sensations and emotions to move and flow naturally (this **Grounds** me in the **Present Moment**)
- I feel **CURIOUS** about what my loved-one is communicating
- I **DESIRE** to learn and understand the essence of what is being communicated
- I may have questions to ask to **learn** more

NERVOUS SYSTEM DIAGRAM: The 'Vibe' of Connection (Feeling Heard) Occurs in **Curiosity, Presence and Calm**
Observe how activated you feel as you practice Openhearted Listening. *Where are you on this scale in each moment?*



COMMON DRIFTS: MALADAPTIVE PROTECTIVE STRATEGIES

We all have DRIFTS. Be aware of yours so you can **SHIFT out of your DRIFTS.** When you are in a DRIFT you are in Reactive Brain (irrational) and trying to 'talk' or 'think' through an issue to is irrational. **SHIFT** with the Intent to Learn and **Curiosity**. Learn more about Stress Types: <https://www.creatingyourbalance.com/stresstypes>

FIGHT-TYPE

DRIFTS/REACTIONS

Controlling
Interrupting
Attacking/Exploding
Blaming / Berating
Criticizing / Judging
Name-Calling
Defending/Explaining
Gaslighting (NPD)

FLIGHT-TYPE

DRIFTS/REACTIONS

Binging food or substances
Worrying
Busy-ing (working, cleaning, etc.)
Over-thinking / Analyzing
Obsessing / Ruminating (OCD)
Comparing and Perfecting
Hyper-activity / Fidgeting (ADHD)
Alarming / Conjures up Crisis

FAWN-TYPE

DRIFTS/REACTIONS

People-Pleasing
Placating / Apologizing
Caretaking/Fixing/Rescuing
Taking 200% Responsibility
'Fixing' Others Emotions
Mind Reading
Resenting
Self-deprecating/Making Jokes

FREEZE-TYPE

DRIFTS/REACTIONS

Dismissing (ie. "Stop, you're fine")
Acting Tired
Spacing out/Brain fog (ADD)
Withdrawing
Going on Your Phone
Shut-down / Collapsing
Isolating / Self-Loathing
Numbing with Substances

MY THOUGHTS ON HOW WELL I LISTENED: Use this questions to assess how well you're listening.
How well do I feel I listened overall?

What did I notice about how my loved-one responded to my listening?

What did I learn?

Did I find myself Defending, Explaining, or Drifting (list of Common DRIFTS above)?

See SHIFT YOUR DRIFTS worksheet for more info, available here: <https://www.creatingyourbalance.com/unarguabletruth>

What can I do to improve my Openhearted Listening skills?