



"See with the eyes of the spirit, hear with spiritual ears and also comprehend with a Divinely enlightened heart." —Abdu'l-Bahá

IT FEELS GOOD WHEN A FRIEND REALLY LISTENS.

AND I LOVE HEARING WHAT YOU HAVE TO SAY!



GIFT OF LISTENING

Does this ever happen to you? I'm listening to a friend, and suddenly I think of something I want to say so much that I stop listening and just wait for her to stop talking. Not cool, right? Sometimes I have to remember to slow down and focus on my friends, no matter how excited I get about my own ideas.

I know I appreciate it when my best friend *really*

listens and understands—like when I get on a roll about recycling or a cool science experiment. And my best friend is great at seeing things from other people's points of view, even if she doesn't agree with them.

Even though it's not wrapped up in a box, listening is a wonderful gift to give to others. I'm going to get better at it!

TEST YOUR SKILLS

How do you act when you're listening to a friend? Circle your answers, then add up your points.

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|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| 1. I turn off distractions, like phones, games, or TV.
Often=3 • Sometimes=2 • Rarely=1 | 5. I nod or say something brief to show that I'm paying attention.
Often=3 • Sometimes=2 • Rarely=1 | 9. If my friend is worried, I focus on my friend, not my similar problem.
Often=3 • Sometimes=2 • Rarely=1 |
| 2. I make eye contact.
Often=3 • Sometimes=2 • Rarely=1 | 6. I respect my friend's feelings, even if I don't agree with them.
Often=3 • Sometimes=2 • Rarely=1 | 10. If it feels right, I ask if I can do something to help.
Often=3 • Sometimes=2 • Rarely=1 |
| 3. I try to put myself in my friend's place and understand how they feel.
Often=3 • Sometimes=2 • Rarely=1 | 7. I let my friend finish talking before I ask a question.
Often=3 • Sometimes=2 • Rarely=1 | 11. I focus on what my friend is saying, not what I'll say next.
Often=3 • Sometimes=2 • Rarely=1 |
| 4. I'm patient and don't interrupt my friend.
Often=3 • Sometimes=2 • Rarely=1 | 8. I watch my friend's body language, like tone of voice and facial expression.
Often=3 • Sometimes=2 • Rarely=1 | 12. I only offer advice if asked
Often=3 • Sometimes=2 • Rarely=1 |

SCORING — MY TOTAL:

36-28 points: You're doing great at giving the gift of listening to your friends. Keep it up!

27-20 points: You're a good listener most of the time. Check the quiz for even more ideas.

19-12 points: You can sharpen your listening skills. Pick tips from the quiz and try them out.