

## Listening Exercise

Participants take the following roles within their group:

A - Speaker; B - Listener for facts; C - Listener for feelings; D – Observer

Make sure someone is tracking time.

The exercise:

'A' – talk for 3 minutes without interruption on their chosen topic  
possible topics: your thoughts and feelings what is happening the world,  
something in your life that you are having a strong reaction to

'B' - listen for the 'facts' expressed by A in their talk

'C' - listen for the 'feelings' expressed by A in their talk

'D' - observe this round of the exercise, including observing body language

It is important that nobody speaks except for A, even if A runs out of things to say before the 3 minutes are up. Sitting in silence can be an interesting experience in itself for discussion later.

Once A has had their 3 minutes to speak, B is then given 2 minutes to summarize back the 'facts' expressed by A during their talk, and then C is given 2 minutes to summarize back the 'feelings' expressed by A during their talk. D is given 2 minutes to reflect any observations.

Depending on time, shift roles.