

The Courage to Listen

Courageous Listening requires one to put aside their own assumptions and stereotypes and listen to another's perspective with empathy. This opens one up to feel deeply for others, learn from their experiences, and formulate thoughts and opportunities of our own.

This process is hard because it takes courage [to ask hard questions](#), courage [to disagree](#), courage [to talk to someone who feels differently](#). To get into a mindset for Courageous Listening, consider:

- ✦ Who in your life or work is an absolutely terrible listener? What makes their listening terrible? How do you feel when you talk to them?
- ✦ Who in your life or work is an incredible and transformative listener? What makes their listening so compelling? How does it transform you as you share with them?
- ✦ Who do you have trouble listening to? This could be a politician, a family member, a co-worker. What prevents you from listening: their point of view, their tone, or something else?

Are you willing to give it a try?

Take on any of these Courageous Listening challenges:

AMERICAN DIALOGUE PROJECT

Sign up for a facilitated call with the [American Dialogue Project](#). An opportunity to talk to someone different from you with the help of a trained dialogue expert for 40 minutes.



CIVIC DINNERS

Participate in a [Civic Dinner](#). Civic Dinners bring different voices to the table, asking three big questions and allowing everyone equal time to share with one voice at a time.

LivingRoom Conversations

Look through this list of [Living Room Conversation](#) topics and use it to start a hard conversation.



Register on Urban Confessional as a [Free Listener](#).

HearMe.App[®]

Download the [Hear Me](#) app to anonymously connect with an empathic listener.



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