

Listening and Sharing Activity

This is an activity to provide you the opportunity to share something about yourself on a deeper level, as well as practice actively listening to someone else. Ask someone in your life to participate in this with you. One of you will be “the sharer” and one of you will be “the listener.” The sharer will describe a remarkable moment. This can be something that you did, participated in, witnessed, experienced etc. You will have three minutes to share this story, while your partner actively listens and asks questions. Then, the listener will share your story back to you. You don’t need to share every detail, just two - three highlights (about three sentences). Then you will switch and the listener becomes the sharer, and the sharer becomes the listener.

Tips on how to how to actively listen:

- Make eye contact
- Provide nonverbal cues to show you are listening (e.g., nodding)
- Don’t interrupt
- Ask clarifying questions

Reflect on your experience!

What did you learn about the other person?:

Was any part of the exercise uncomfortable? If so, which part?:

Which role was more comfortable for you?:

What are the risks and benefits of sharing personal information about yourself?:

What is the benefit of actively listening to someone?:
