



*the ultimate*

# ACTIVE LISTENING

## CHEAT SHEET



*a worksheet from*

**TURNING TO CONNECTIONS**

## WHAT IS ACTIVE LISTENING?

Active listening is a communication skills technique that involves fully focusing on and understanding what the speaker is saying, rather than just hearing the words.

### **Why is it important?**

Active listening is important because it can help to build trust and rapport, improve understanding and problem-solving, and reduce misunderstandings and conflict.

It can also help to create a safe and respectful environment for communication and can foster feelings of validation and support.

It is an essential communication skill that can help you to build stronger relationships, improve your ability to understand and solve problems and create a more positive and respectful environment for communication.

### **How does it work?**

- Pay attention: Focus on what the speaker is saying and try to eliminate distractions.
- Show that you are listening: Use nonverbal cues, such as nodding and maintaining eye contact, to show that you are paying attention.
- Clarify: If you are not sure you understand something, ask for clarification.
- Reflect: Paraphrase what the speaker has said to show that you understand and to confirm your understanding.
- Empathize: Try to see the situation from the speaker's perspective and show understanding and compassion.
- Avoid interrupting: Let the speaker finish their thoughts before interrupting or adding your own perspective.
- Be present: Avoid thinking about what you are going to say next or multitasking while the speaker is talking.



## **BONUS**

### 30 QUESTIONS TO ASK YOUR PARTNER

Use your active listening skills to explore topics related to Christmas and the holiday season. Have conversations that build understanding, support and plans on how to navigate challenges together.

#### **Why is it important?**

Open communication builds trust, an essential component in healthy relationships. Exploring topics together to build a shared plan strengthens your commitment and sense of being a team. Lastly, having a shared plan reduces stress and helps you and your partner enjoy the season.

**Ask your partner the following questions, using active listening when they respond. Take turns asking each other the questions, add more questions if you feel inspired to go deeper.**

1. What's your favorite holiday tradition, and why does it mean so much to you?
2. How do you like to celebrate the holidays? What are your must-do activities?
3. What's your ideal way to spend a warm summer evening together?
4. Share a cherished holiday memory from your childhood.
5. What's one small gesture that always makes you feel loved and appreciated during the holidays?
6. How can we ensure that we both have time for self-care and relaxation during this busy season?
7. Are there any specific family gatherings or events you're looking forward to, or are there any that make you anxious?
8. What's something new you'd like to try or experience together during the holidays?



## **BONUS**

### 30 QUESTIONS TO ASK YOUR PARTNER

9. How can we balance time with our families and time for just the two of us during the holidays?

10. What's your favorite way to express gratitude for each other during this season?

11. How can we support each other when we're feeling stressed or overwhelmed by holiday preparations?

12. Do you have any personal holiday goals or intentions for our relationship this year?

13. What's a meaningful holiday gift you received in the past, and what made it special?

14. How can we manage and communicate our expectations when it comes to gift-giving?

15. What does "quality time" mean to you, and how can we create more of it during the holidays?

16. What's a fun holiday-themed activity you'd like to do together?

17. How can we ensure we're both on the same page when it comes to holiday expenses and budgeting?

18. What's one thing you're excited to cook or bake together this season?

19. How can we navigate differences in family traditions and expectations during the holidays?

20. What's a favorite holiday movie or song that we can enjoy together?



## **BONUS**

### 30 QUESTIONS TO ASK YOUR PARTNER

21. Share something you appreciate about your partner's efforts in making the holidays special.

22. What's a personal holiday goal or tradition you'd like to establish for our relationship?

23. How can we ensure we're creating moments of connection and intimacy during the busy holiday season?

24. What's a past holiday experience that taught us something valuable about our relationship?

25. How can we effectively communicate our needs and boundaries to each other during this season?

26. What's one holiday-related topic that you'd like to discuss more deeply with your partner?

27. Share a holiday dream or adventure you'd love to embark on together in the future.

28. How can we maintain a sense of gratitude and appreciation, not only for each other but for the world around us during the holidays?

29. What's one thing you're proud of in our relationship and would like to continue nurturing during this season?

30. How can we ensure that our love shines as brightly as the holiday lights this year?

These questions are designed to spark meaningful conversations and help you to explore feelings, hopes, and expectations during the holiday season, ultimately strengthening your connection.

*Carrie x*

