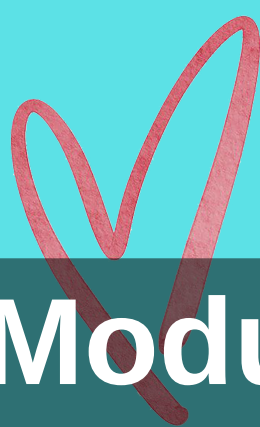


Lesson 3.1: The Pillars of Active Listening

Listening is a genuine emotional commitment.

The 3 elements: Engagement, Empathy, Validation.

Dropping phones and television to connect. Validating feelings even when you disagree.



Welcome to Module 3, Lesson 1.

Today,



Lesson 3.2: The Art of Rephrasing

The trap of waiting for your turn to argue. Repeating the essence of your partner's words. Caressing your partner's heart with understanding. Turning arguments into constructive dialogues.





**When your partner
speaks, listen without
defending. Repeat what
you understood before
giving an opinion. Use:
"From what I
understand, you feel [X],
correct?" Make your
partner feel truly heard
and safe.**

