

COLOURFUL LEVELS OF LISTENING:

1. „SWITCHING EARS OFF“ FOR INNER PEACE
2. HEARING BLAME, CRITICISM, PRAISE ...
3. LISTENING TO BE ABLE TO:

- REPEAT
- ANSWER
- ASK

4. TRYING TO UNDERSTAND THE INFORMATION
5. GETTING A SENSE OF OTHER'S FEELINGS
6. GUESSING & CHECKING NEEDS OF THE OTHER

