



Curious Listening Practice

Relationships & connection • Printable practice

Use curiosity, concise reflections, and gentle check-ins to support understanding in everyday conversations.

Ask an open question

Try: “What part of that was hardest?” or “What would support look like right now?”

Reflect, then check

Summarize in your own words and ask whether you understood correctly. Avoid turning a reflection into a rebuttal.

Notice your pace

Leave a small pause before responding. Silence can be an invitation, not an error to fix.

Try it together

1. A question I want to ask more often is...

2. A listening habit I want to practice changing is...

3. One way I can check that I understood is...
