



Listening Without Fixing

Relationships & connection • Printable practice

A structured conversation for practicing curiosity and understanding before advice.

Choose one manageable topic

Start with a recent, low-stakes experience rather than a major unresolved conflict.

One person speaks; the other reflects

For two minutes, the listener focuses on what was said and responds: "What I heard is..." The speaker can correct or add context.

Ask before offering solutions

Check whether the speaker wants empathy, ideas, practical help, or simply to be heard. Then switch roles.

Try it together

1. What helped me feel heard today?

2. When I listen, what do I tend to do before the other person is finished?

3. One question that helps me understand my partner is...
