

Listening

When do you feel you've really been listened to?

When a child can engage with a subject with real enthusiasm because they have been able to listen and then engage.

...where listening has a direct relationship with a feeling of being understood.

...conversations with my mother around the fire.

When I am given time to talk.

When I receive respect, when I feel people have tried to see it from my point of view.

When what I have said has effected a change in how someone else views a situation - when someone has come back to me on what has been talked about. A few times in a relationship and also in some friendships.

When you tell me a story.

Listened to by my tutor at high school.

When I have shown strong emotions, real knowledge. Telling stories, showing beauty to others in the form of art. Or even participating in absurd clowning when the only listening thing they can do is watch.

When doing some form of campaigning.

When working with a group of friends on a project (squatting etc), home education kids' festival.

In therapy.

3.30am by a good friend or lover.

When I reveal to someone who doesn't expect me to.

When the burden of a problem is lifted.

When things clarify in my mind and alternatives take shape in the words
with time
to bring together the competing thoughts into a whole.

I feel I have been really listened to when people let me be however I am even if this is unsatisfactory for them. They let me be, though they may not understand.

Most of all a sort of direct/indirect listening - not me but the work. Artwork/Performance.

...on stage by the audience/from good friends/from girlfriends/from parents/from teachers. Overall it's often the case that I am listened to when I clear the way to be listened to and when other people are being kind or when I force people to listen.

When I ask for help emotionally?

When I speak from the heart and not a "script" (albeit one I would myself approve of)

In my relationship with my mother. By some parents and children. In performance.

At a critical point when something serious needs to be discussed - I change the way I talk.

By my horse, dog.

Interviewing people - what lies behind their answers.

When do you feel you've really listened to someone/something?

...music - all sorts - about finding a connection/reflection of self. Resonance.

When I started to work...in a programme with children, and I had to go there and talk to them about their dreams. I listened to so many dreams so easily, but it is so hard for them to let them out because of social opportunities.

When friends are in serious distress/depression.

When I respect someone for their opinion.

I've really listened when I was interested.
Listen to the violence, abuse and pain of a child.

Currently am trying to change how I listen - to really listen and eradicate the over-loud voice of my own interpretation and prediction of what someone else is saying. Don't know if I have achieved this fully yet.

Asking parents about their lives and finding my past.

Listened to the son of my friend..., telling me about a difficult experience at school.

When someone has shown that they are in pain.

Certain pieces of music.

Whilst riding my horse in the bush. Relationship with my horse. Natural horsemanship and surroundings.
My sister.

Music in contexts that surprise me/take me by surprise.
Someone who doesn't normally reveal - when they do I am so touched as to listen as I've never listened before.

When change takes place, when the act of speaking leads to a route through difficulties.

I feel I have really listened to someone when they relax and physically release during our conversation. I see in them that they feel heard.

Art - looking at art.
In the dark.
In the quiet of the night.

I really listen to others whenever I am conscious enough to do so, whenever I am not worrying too much about myself. I try to listen as much as I can. I listen to music/film/theatre. I listen to people when I am demanded to do so.

When someone takes drastic steps - that they feel may hurt them. When others speak from the heart.

In my work. Needs of the community, of certain kids and parents, in reading certain books. I try to listen in my relationship but feel perhaps I'm not the best listener in some circumstances.

A child in need.

In my practice I listen to other people's stories and in particular in treating them I can palpate/sense/feel what they might not be speaking.

When do you feel you really listen to yourself?

More and more as I get older - to see the cul-de-sacs before I'm in them.

I really listened to myself when I took the decision to come to London, leaving a lot of things behind, to prove to myself that I could do it.

Vipassana meditation - 10 days.

When I feel good.

Have deliberately listened to myself in meditations or in purposeful quiet time. Listen to my gut instinct about things as much as possible, but it is always clouded by minutiae, of less important but more urgent/immediate concerns. Is hard to train self to hear the background comments you make about longer term needs/wants/goals.

Also own writing - hear own thoughts at a later date clearer than at the time.

I try every day.

Sitting still or sitting on something moving or on a train, maybe driving and looking out of the window and getting lost in the view, and listening, physically and mentally.

When things are wrong, when there's an interruption, there is an internal dialogue with myself.

Hardly ever! Usually in some sort of crisis.
When I sing.

Internal language/voice of my body. Body - health.
Frequently through art.

In solitude. Travelling 3.30am Playing piano or violin.

When alone, given time and patience that somehow escapes my everyday.
New moments about me in the space.

I feel I listen to myself when I know what I want with clarity and know this free of the consequences or actions that this want may have attached to it.

When I'm trying to compose/think about my art/work.
When I'm trying to remember a dream.

I listen to myself during meditation, during drawing/acting. I listen to myself walking, looking at a painting, dreaming. I particularly listen to myself during meditation though.

When a situation feels "familiar" - repeated pattern. When I hear advice from others that I recall giving them.

When I'm teaching. If I'm unclear about something but it gets me, I try and hear myself on it. In my emotions and patterns.

I take time out and sit alone and get in touch with what I'm feeling.

Rarely, but slowly getting better...Figuring though what I want to accomplish.

When do you stop listening?

When I don't agree
When I don't or won't listen.

When I think I know what's coming.
When I think I know the meaning.

When I feel disconnected to what I want.
When I lose clarity.

When you are distracted by their body in all possible ways.
When you want something from the other.
When they have done/said or are something you don't like/agree with.
When you are thinking about yourself in one way or another.

When I never hear the person speak from the heart (vulnerability).
When I don't physically want to be in a place.

Other comments

You have to take context into consideration when listening - have to have patience to listen.

The body never lies.

Compiled from people's individual notes made during exercise on 21.1.04 by JT.

Personal vulnerable notes that may identify the individual were not included (but could be if the individuals concerned wants them to be).

The Body Politic, session 2.