Effective Listening

Name

Institution

1. **Was there any point when you and the other person didn't fully understand each other?**

Yes. At times he could not understand what I am conveying and sometimes I was having difficulty understanding him.

1. **If yes, when, and what were some of your approaches to enhance understanding?**

Lack of understanding was due to the following reasons; inattentiveness, boredom, lack of interest and selection of words. For enhancing the comprehension, I removed my mobile phone and other distracters from the place; made the topic interesting through adding humor and avoided talking too much on the same topic and ensured communicating clear and understandable wording.

1. **If no, what did you do to assure clear understanding?**

I attempted to include above mentioned practices in Question 2 to ensure understanding.

1. **Do you think the other person would answer these questions the same way you did?**

Other person would not answer the questions in the desired way this is because of individual differences. Some people do not think from others’ perspectives; they, being ego centric, generalize their thinking to others. Hence, they do not meet our expectations at some points.

1. **Did you experience any conflict in either conversation?**

No, I did not experience any conflict during conversation.

1. **If yes, what was it and how did you address it?**

I did not experience any conflict during conversation.

1. **If no, how do you think you were able to prevent conflict in those conversations?**

I was quite conscious about not destroying others’ sentiments and drawing erroneous conclusions from what they uttered. I tried to understand their perspective whole heatedly without being judgmental and or carrying any rumination. Despite opposing opinions, I neither rejected their ideas nor made fun of it.

1. **Do you think the other person would answer these questions the same way you did?**

Again, I do not think so; individual differenced are always there.

1. **Do you stop and consider the other person's perspective when the communication is effortless and pleasant (everything is understood and there is no conflict)?**

Communication is pleasant only when both persons understand each others’ perspective. So I need not to stop and think about its favorableness because it was already going well.

**10. What makes the communication easy in when those situations?**

Attentive listening, respect, equal opportunity to share ideas, favorable voice tone and non- judgmental attitude makes communication easier (Bennett & Jarvis, 1991).

**11. Try to provide an example of how your communication and behavior changed as a result of actively reflecting on perspectives.**

Reflection allowed me to contemplate the event profoundly that I otherwise do not feel like doing. I knew my communication strengths, weaknesses, reasons, consequences, feelings, desirableness and significance of others’ perspective that refined my communication skills. I never reject or make fun of others now because they speak with their own unique intellectualities.

**12. Was changing your communication and/or behavior effective? Why or why not?**

When the change is constructive; outcomes can be assumed in that way. Changing behavior was effective because it allowed me to identify and eliminate my weaknesses and empower communication strengths.

**References**

Bennett, M. & Jarvis, J. (1991). The communicative function of minimal responses in everyday conversation. The *Journal of Social Psychology*, 131, 519–523.