

Speaker Listener Technique

Rules for the Speaker:

- Speak for yourself, don't mind-read!
- Keep statements brief. Don't go on and on.
- Stop to let the listener paraphrase.

Rules for the Listener:

- Paraphrase what you hear.
- Focus on the speaker's message. Don't rebut.

Rules for Both:

- The speaker has the floor.
- Speaker keeps the floor while the listener paraphrases.
- Share the floor.

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From PREP (Prevention and Relationship Enhancement Program)