

## Being a Good Listener

Part of being a good friend is being a good listener. I can show that I am



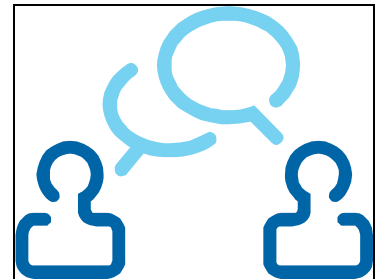
listening by making eye contact, nodding and saying things like “mmm”, “uh huh”, and “oh really”. When



there is a pause in my friend’s story, I can ask questions to show I’m listening and get my friend to talk some more.

There are some things that get in the way of good listening.

- I try not to tell my own story over the top of someone else’s story.

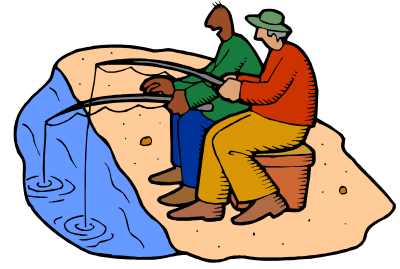


It’s hard to listen and talk at the same time.



- If my mind starts to think about other things while my friend is talking, I try to focus back on what my

friend is saying. I don't change the topic suddenly. My friend might think I don't care about their story if I change topics too soon.



- I don't tell my friends that I know how they feel. Everyone is different and will respond to things in their own way. I can check how my friend is feeling by saying, by asking, "How do you feel about that?" Then I wait for my friend to think about their feelings and tell me about it. Asking about my friend's feelings lets my friend know that I care about them.

- I don't tell my friends how to fix their problems unless they ask me for help. I can make a suggestion by saying "maybe you could try...", but I don't tell my friend what to do. Most people like to make their own decisions. Being a good listener helps me to be a good friend. My friend listens to me too.

