

THE LISTENING SCHOOL

WORKBOOK

Listening, before anything else

The one habit every other course here builds on.

6 lessons. After each one, answer its question here in a few honest lines. Then try it in one real conversation that week, and come back to note what happened.

Placeholder demo content

LESSON 1 OF 6

Can Compassion Be Learned?

When did someone last really listen to you? What did they do that others don't?

This week I tried it with:

LESSON 2 OF 6

Understanding Other Minds

Think of the last time someone told you something hard. What did you do in the first ten seconds?

This week I tried it with:

LESSON 3 OF 6

What Great Apes Teach Us About Ourselves

When did someone last really listen to you? What did they do that others don't?

This week I tried it with:

LESSON 4 OF 6

A Long Conversation with Chihiro Geuzenbroek

Notice this week when you start preparing your answer. What were you missing?

This week I tried it with:

LESSON 5 OF 6

How Our Senses Shape Experience

Think of the last time someone told you something hard. What did you do in the first ten seconds?

This week I tried it with:

LESSON 6 OF 6

Stories Across Difference

Where have you seen a community heal something one person couldn't?

This week I tried it with:
