



## Send or receive

This exercise helps to slow down conversations and ensure that genuine communication is taking place. It is especially useful when there's a potential for arguments or misunderstanding.

Find a partner who is willing to participate in this exercise with you. Then get two 3x5 cards. Label one card "sender" and the other "receiver." Ask your partner to take one card; you take the other.

The person with the "sender" card gets to speak first. While the sender speaks, the receiver's job is to just listen fully.

Next, trade cards so that you switch roles. But do this only after the original sender feels she's been fully understood.

You can switch cards—and roles—as often as you'd like. The point is to be conscious of your role in any given moment—to simply send or receive without trying to do both at the same time.

After doing this exercise, reflect on your experience with separating the roles of sender and receiver. Writing on a separate sheet of paper, describe what you learned about yourself as a listener. Also describe what it was like to receive the gift of full listening.