

THE COUPLE CONFERENCE

*This exercise is designed to facilitate listening and understanding in personal interaction between two people.
The people are identified as person 1 (P1) and person 2 (P2).*

Step 1

Choose a topic on which to interact.

Step 2

P1 speaks to the issue, explaining what he/she is thinking and feeling about it.
P2 is to listen, seeking to *understand* what P1 is saying and how P1 is feeling.

Step 3

Before responding to P1, P2 must repeat what P1 said to P1's satisfaction.
This is to make certain that P2 actually *understood* what P1 said before responding to it.
Once P1 is satisfied that he/she has been *understood*, you can proceed to step 4.

Step 4

P2 now speaks to the issue, explaining what he/she is thinking and feeling about it.
P1 is to listen, seeking to *understand* what P2 is saying and how P2 is feeling.

Step 5

Before responding to P2, P1 must repeat what P2 said to P2's satisfaction.
This again is to make certain that P1 actually *understood* what P2 said before responding to it.
Once P2 is satisfied that he/she has been *understood*, you can proceed to step 6.

Step 6

Return to step 2 and repeat the process.