

Listening Deeper – Background notes

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- Notes – ALLAN Rohlfs Words
- 152 what we experience is more complex, more intricate and richer than anything that we can say about it.
- Words can never do justice to my experience or yours
- This moment. Awareness of an expression of inner process, and listening is the centerpiece of being human and human relationships
- Two complex processes: encoding and decoding
- Distinction that words do not equal experience
- when someone listens to me I hear what I am saying
- both attend to S's inner experience
- when someone listens to me, I hear what I am saying
- felt = before words, feelings or concepts inklings we feel our thinking we speak from the felt sense
- empathic listening is accompanying the other, following them, being with them, going with them. You convey their meaning, not your meaning. You verify your understanding.
- Activate S's inner exp – and they go forward on their own
- 126 you get a feeling of what they are saying, what they are communicating. Their meaning forms in you subtly
- Set aside your reactions Make an empty space for what they are saying to come in. You take it in not just repeat
- 126 you get a feeling of what they are saying, what they are communicating. Their meaning forms in you subtly
- When listening, you are ready to be corrected if your response is inaccurate
- Let the speaker's words touch you
- Paraphrase – need to get the speaker's meaning
- Crux, gist, summary

Google

- AI Overview
- A **person's inner experience** is the private, moment-to-moment stream of consciousness, comprising thoughts, feelings, sensations, and mental imagery. It is a unique, subjective, and often chaotic blend of internal dialogues, emotional states, and sensory perceptions (like imagining sights or sounds) that define an individual's personal reality.
- Key components of this inner world, often identified in psychological research, include:
 - **Inner Speech/Monologue:** "Hearing" oneself talk internally.
 - **Visual Images:** Seeing mental pictures.
 - **Feelings/Emotions:** Subjective emotional states.
 - **Sensory Awareness:** Directly perceiving bodily sensations (e.g., itch, warmth, tension).

Carl Rogers I'd like to attempt a **description of empathy** that seems satisfactory for me today. I would no longer be terming it a state of empathy in my definition because I believe it to be a process

rather than a state, and perhaps I can capture the quality, the way of being with another person who just term empathic as several facets. it means entering the private perceptual world of the other, and becoming thoroughly at home in it. It involves being sensitive moment-to-moment to the changing, felt meanings, which flow in this other person to the fear or rage or tenderness or confusion, or whatever she is experiencing. it means temporarily living in his life, moving about delicately without making judgments, sensing meanings of which the speaker is scarcely aware, but not trying to uncover feelings of which he is totally unaware, since this would be too threatening, it includes communicating your sensings of his world as you look with fresh and unfrightened eyes at elements of which he is fearful it means frequently checking with him as to the accuracy of your sensing and being guided by his responses, you are a confident companion to him in his world. by pointing to the possible meanings in the flow of his or her experiencing, you help him to focus on this useful type of reference. to experience his meanings more fully and move forward in his experiencing

Empathy is developed skill