

# MAKING THEM FEEL HEARD:

## Enhancing Your Listening Skills

If you've been putting in the work for the past four days, you're starting to gather valuable insights into your relationship. Today, we're focusing on something that might be a bit tough to face, but it's crucial for creating the connection you want: making sure your partner feels heard.

### THE HARD TRUTH

You might think your partner doesn't like to talk, especially if they've said so themselves. But here's the reality—everyone values being heard. If your partner isn't opening up, it could be because they don't feel truly listened to. When you become the person they feel comfortable talking to, you'll see a significant shift in your relationship dynamics.

## THE POWER OF OTHER-DIRECTED QUESTIONS:

One of the most effective ways to make your partner feel heard is by asking other-directed questions. These are questions focused on their thoughts and feelings, rather than your own.

Instead of asking:  
"What can I do?"

Try asking:  
"What do you think about  
this?" or "How do you feel  
about that?"

These questions are like the code to a vault, making it swing open and revealing all those hidden thoughts and feelings.

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### TODAY'S CHALLENGE

Ask your partner about something you know, or at least think, they're interested in. Your goal is to ask them at least three questions about it. Here's how you can start:

- 1 Identify a topic they care about (e.g., a hobby, work, or a recent event).
- 2 Ask an open-ended question to kick off the conversation.
- 3 Follow up with two more questions that show you're genuinely interested.

### EXAMPLE

"I remember you mentioned something about your project at work. How's that going?"

"What's been the most challenging part of it?"

"How do you feel about how it's turning out?"

Is there a sporting event or a hobby they are interested in? Do they like to talk about how they are making something? It may not be your favorite subject.

By focusing on their interests and asking these types of questions, you're creating a space where your partner feels valued and heard. This not only strengthens your connection but also encourages them to share more with you in the future.

What will you ask your partner about today?