



Living Well

Marriage: Listening vs. Distraction



Ed Edwards
President

Donna Edwards
Executive Director

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Listen

Check out these websites for more information:

For more information about the ministry - www.livingwelloc.org
Photos and writings about the ministry - www.livingwelloc.blogspot.com
Encouragement/culture on marriage - www.livingwellinmarriage.blogspot.com
Wisdom Community School - www.wisdomcommunityschool.com

Most people do not listen with the intent to understand; they listen with the intent to reply.
Stephen Covey

Communication is central in every home and business - 76% of our waking hours are spent in some form of communication. **Listening takes the biggest share** of communication, 42-57% of our day.

Listening is vastly different from hearing. Hearing is a sensory (physical) process; listening is a mental process. **Hearing is passive** - perceiving sounds, effortless. **Listening is active** - requires conscious efforts, concentration, and interest.

I can hear birds singing, but it doesn't

take my attention. **Or I can listen to a bird singing,** seeking to identify the kind of bird.

Failure to listen and understand results in endless conflicts. Failure to listen can be a hearing problem or it can be a **heart problem** - usually it's the latter.

We often **react with emotion to the first few words** out of the other person's mouth. If I am formulating a response or interrupting the other person, **I am not listening to understand the other person's message or heart.**

To answer before listening—that is folly and shame. Proverbs 18:13

Another obstacle to good listening is distraction. In previous years, distractions would

be reading or working, then television became an issue, now it is the ubiquitous cell phone. To listen, **I give my attention to the other person - no TV, computers, or phone.** [see more on distractions & tech on the back]

Communication/listening is one of the top issues that we see with couples who are struggling in their marriages. One or both don't feel that the other one listens to them.

Changing this one area can change the whole relationship!

To listen - I give my attention to the other person and they know it! I respond with words and body language. I ask questions and/or empathize. **I show value to the other person as they talk!**

On the reverse side:

Distraction

Technology

Listening with

Head

Heart



I can listen 4 times faster than the other person can speak.

What am I going to do with my mind in between the words the other person is saying?

Am I formulating my response or am I trying to understand?

Do I want to understand?

What can I ask to better understand?

Am I showing that I value the other person?

