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Habit #5  
**SEEK FIRST TO UNDERSTAND  
 THEN TO BE UNDERSTOOD**

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*I listen to other people's ideas and feelings. I try to see things from their viewpoint. I listen to others without interrupting. I listen with my ears, my eyes, and my heart. I am confident voicing my ideas.*

This habit is the key to communication! Everyone wants to be respected and valued for who they are. **The deepest need of the human heart is to be understood!** This can be a difficult habit to learn because of listening "roadblocks" that people have.



**Listening Road Blocks**



<p><b>Spacing Out:</b></p> <p>Your mind wanders when others talk.</p>	<p><b>Pretend Listening:</b></p> <p>You don't really pay attention to the other person, but you pretend to. You say "yeah," "uh-huh," or "cool."</p>
<p><b>Selective Listening:</b></p> <p>You listen only to the parts that interest you.</p>	<p><b>Selfish Listening:</b></p> <p>You always bring the conversation back to you and your life. You say things like "I had that happen too" or "I know how you feel."</p>

## Parent Corner: Suggested Tips

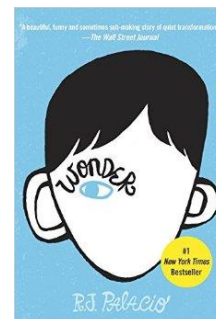
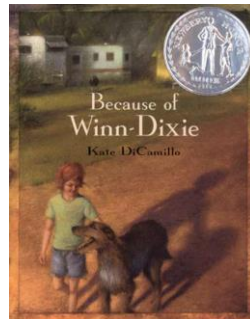
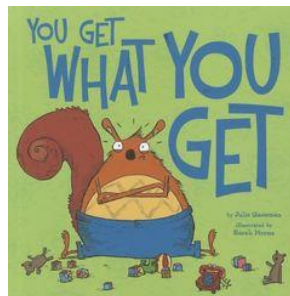
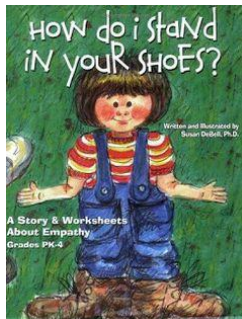


This habit is best approached by introducing listening as a skill that should be practiced. Learning to listen without interrupting and learning to **listen with your ears, your eyes, and your heart** will help children build a foundation for Habit 5. People say a lot with their body language and facial expressions.






**Here are some ideas to help your child practice their listening skills:**

Play charades with emotions using only your face and body (no words). Here are some emotions to act out: angry, frustrated, sad, happy, excited, disappointed, embarrassed, nervous, surprised, stressed, tired, scared, etc.

Read books or watch movies and discuss "why" characters said or acted a certain way. This is a great way to introduce "standing in someone else's shoes."



Hollywood Super Stars

Love , Laugh  , Learn , Lead  ...for LIFE!