

# Mindful Communication Partner Practice

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Adapted with permission from Mindful Schools' Mindful Communication Course

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## SETTING UP

Each person picks a story they will share with their partner. Choose something that you can share in 2-3 minutes. Be sure to pick an event that isn't too intense or overwhelming. Decide who will speak first ("Speaker A") and who will listen. Set a timer for 2-3 minutes when the first speaker begins.

## ACTIVITY

- 1. Speaker:** Experiment with staying connected to presence as you speak. You might try slowing the pace of your speech down a little, or inserting small pauses between phrases or sentences.
- 2. Listener:** Listen for what matters. Listen with the intention to understand. If you can, try to focus your attention on the question, "What really matters here?" If this distracts you, just listen wholeheartedly. Then, when your partner is finished, ask yourself this question internally.
- 3. Listener:** Guessing at needs. Now, the listener takes a guess at what the other person might be needing in this situation to see if they've understood correctly. Remember to phrase your guess as a question. If there are multiple needs present, feel free to list them.
- 4. Speaker Responds:** Respond briefly (a sentence at most) letting your partner know if they've understood, or if there's something else that's important to you. Trade Roles and repeat.

## FINISHING UP:

**5. Debrief:** Take some time to compare notes. What was it like for each of you to listen in that way? To take the guess? How was it to be listened to? To receive the guess? Be sure to devote some time to talk specifically about the process of the exercise and what you learned, rather than only talking about the content of your stories!