

Different levels of Listening

Cosmetic Listening

You are not really listening. Your mind is somewhere else, and you are pretending to be interested.

Conversational Listening

You are engaged in the conversation: listening, talking, thinking, talking, thinking etc.

Active Listening

You are very focused on what the other person is saying. You are recording facts, attuned, paraphrasing.

Deep Listening

You are more focused on the other than self, aware of both the content and “music,” listening for ‘foreground’ and ‘background.’