

# Instructions for Constructivist Listening

Remember this is a timed, uninterrupted, confidential listening exercise.

- Find someone (or 2-3 other people) with whom to do exercise.
- Face each other. Nothing in your hands. No tables between you.
- Decide who will speak first.
- Listener stays silent and maintains relaxed, confident facial expression.
- Speaker owns the time - can speak or not speak at any point in your time.
- If speaker tries to engage any of the listeners, resist every attempt.
- You will each have the same amount of time to answer a given question.
- There is no right or wrong way to answer the question. Each person decides what to share.
- Each consider sharing though, the thing you just decided you will not share. That will deepen the experience for all of you.
- When the first speaker's time is over, the bell rings. Switch roles, the speaker becomes listener and vice versa. Do that until all have a chance to speak.
- Please do not refer to anything anyone said. Not now or ever. This is not the time to add to, comment, affirm or criticize what the speaker(s) before you said.
- Everyone is invited to use their first language. This is the language you dream in. It is the language of emotions. Feelings are encouraged.
- You may begin.

Sources: Adapted from Julien Weisglass and Luna Jiménez Seminars