

Generative listening

Listening 1:
from habits

Downloading
Judgement habits

*New confirmation of old
opinions and ways of
thinking*

Listening 2:
from outside

Factual listening
Perceiving
differences

**Open-
minded**

*Reduce force
(new) data*

Listening 3:
from inside

**Empathic
listening**

**Open-
hearted**

*Seeing with other
people's eyes
Emotional connexion*

Listening 4:
from the source

**Generative
listening**
from the emerging
future

**Open
presence**

*Connecting with a
new emerging whole
Movement in identity and self*

Evaluation of our listening levels

First part: Evaluating our listening levels

Reflect on your day.

In each box, locate the percentage of your time that you felt involved at each level of listening.

The total should equal 100%.

Listening level	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Level 1: Downloading Listening from our voices of judgment, from our habits, from what we already know. The result is that you re-confirm what you already know.							
Level 2: Factual Noticing something new, something different from what you already know or expected to hear.							
Level 3: Establishing empathy Listening from the place where another person is speaking, experiencing/feeling an emotional connection.							
Level 4: Generative Listening Connecting with the future that is emerging - to a future possibility that articulates your emerging self with who you really are.							
Total (100 %)							

Second part: Description of a listening experience

Describe a story about a moment during the day when you have experienced a change from one level of listening to another. Identify which level you have changed, i.e. whether you have moved forward or backward today.

Day 1:

Day 2: