



**Kinnections**  
*strengthening community in care homes*

# Questions for Reflecting on How we Listen

This Resource has been created as part of the Kinnections  
- strengthening community in care homes project.

**[www.myhomelife.uws.ac.uk/scotland/kinnections](http://www.myhomelife.uws.ac.uk/scotland/kinnections)**

Questions for Reflecting on How We Listen (Kinnections, UWS, 2019) is licenced under Creative Commons Non-Commercial Attribution ShareAlike 4.0 International Licence.



What happens within me when I don't know how to respond to what I'm hearing?

What helps me to hold off on making assumptions when I find myself being judgemental about what I'm hearing?

What ways do I use to let people know that I've heard them?

What do others do, that can help me to really be able to listen to what they're saying?

What helps me to stay listening when there are ideas I don't agree with being shared?

Whose way of listening can I learn from?

When people can no longer use words, what could I do so that their voice is heard?

When is important not to listen?

When my listening is at its best I would describe my listening as...

What might help me to stay listening when I want to go talking?

I love to listen to people  
speak about...

What emotion of others has the  
greatest impact on how I listen?

When I hear other people talk  
about their emotions I tend to...

I feel heard when...

An example of a time I  
listened well was...

Whose voice gives me courage  
when I listen to them?