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| http://www.cognitivecoaching.com/images/dot_clear.gif | |

**Avoiding the Listening Set-Asides and Listening with the Intent to Understand**

As you are listening to your students, your colleagues, your students' parents, those whom you coach, and others, it is helpful to keep the listening set-asides in mind in order to focus completely on the person so that you can coach them effectively. Seek to "set aside" the following types of listening:

**Autobiographical Listening:**  In autobiographical listening, the listener focuses on his or her own story rather than on listening. The listener's story is triggered by something that the person says. This can lead the listener to compare his/her story with the speaker's story, judge the speaker's story, or just be immersed in his/her story. This results in the listener not paying full attention to what the speaker is saying.

**Inquisitive Listening:**  In inquisitive listening, the listener becomes curious about different sections of the story that are not necessarily relevant. It results in the listener not attending as fully to what the person is saying. The coach only needs to understand what the person is saying and feeling in order to paraphrase and ask questions effectively to support the person's thinking.

**Solution Listening:**  In solution listening, the listener is focusing on solving the problem for the speaker. This may be driven by an identity as a problem solver. This could also result in the listener only paying attention to what will support the solution that he/she is going to propose or in the listener rehearsing ways to present the solution.

While the types of listening above are normal human responses in a listening situation, it is only by focusing entirely on what the person is saying and setting aside these types of listening that we can truly support the person to whom we are listening. As a mediator of thinking, as you are intentionally avoiding these "listening set-asides" and focusing on being totally present with people, what are some of the things that you are noticing in your conversations?