

A listening practice

Listen: Three Checks, Three Moves | Asking & listening

Put aside the distraction, reflect one detail, and ask whether you understood.

Use these prompts for your own preparation. Leave out identifying details you do not need.

A distraction to put aside

My urge to interrupt or solve

One detail I can reflect

An optional supportive question

My check for understanding

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.