

Listening Quotes

The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them.

Ralph G. Nicols

When you talk, you are only repeating what you already know. But if you listen, you may learn something new.

Dalai Lama

Hearing is listening to what is said. Listening is hearing what isn't said.

Simon Sinek

Listening with intent is not a technique, it's a personal value backed by behaviors that cause us to shift from the movie about ourselves running in our own minds, to focusing on the movie or picture being created by another.

"Seek first to understand, then to be understood."

Stephen Covey

When we listen, we hear someone into existence."

Laurie Buchannan

You cannot truly listen to anyone and do anything else at the same time.

M. Scott Peck

"It's like you don't hear a single thing I think!"

Spouse to their spouse in therapy session

"Listening is not a passive activity. It is the most active thing that you can do."

Sometimes what a person needs is a good listening to!

"One of the most sincere forms of respect is actually listening to what another has to say."

Bryant H. McGill

"Listening is an art that requires attention over talent, spirit over ego, others over self." Dean Jackson

"Listening is an attitude of the heart, a genuine desire to be with another which both attracts and heals." L. J. Isham

"Never miss a good chance to shut up." Will Rogers

"Listening is about being present, not just about being quiet." Krista Tippett

"You never really understand a person until you consider things from their point of view." --

Harper Lee

“When you are in psychological distress and someone really hears you without passing judgement on you, without trying to take responsibility for you, without trying to mold you, it feels damn good!”

— **Carl R. Rogers**, *A Way of Being*

It is astonishing how elements that seem insoluble become soluble when someone listens, how confusions that seem irremediable turn into relatively clear flowing streams when one is heard. I have deeply appreciated the times that I have experienced this sensitive, empathic, concentrated listening.

—Carl R. Rogers, *Experiences in Communication*

“When I have been listened to and when I have been heard, I am able to re-perceive my world in a new way and to go on. It is astonishing how elements that seem insoluble become soluble when someone listens, how confusions that seem irremediable turn into relatively clear flowing streams when one is heard. I have deeply appreciated the times that I have experienced this sensitive, empathic, concentrated listening.”

— **Carl R. Rogers**