

Speaker Listener Dialogue¹

1. Self-definition (or differentiation of self):

The on-going ability to identify and express important aspects of yourself

2. Self- sacrifice (or differentiation from partner):

The ability to be curious about your partner's self disclosure while managing your own reactions

Speaker Listener Technique

Rules for the Speaker

- *Speak for yourself; don't mind-read!*
- *Keep statements brief. Don't go on and on.*
- *Stop to let the listener paraphrase.*

Rules for the Listener

- *Paraphrase what you hear.*
- *Focus on the speaker's message. Don't rebut.*

Rules for Both

- *The speaker has the floor.*
- *Speaker keeps the floor while the listener paraphrases.*
- *Share the floor.*

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¹ Adapted from Ellyn Bader, PhD and Peter Pearson, PhD