



How to Listen

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An Object Is Used to Identify Which Spouse Has "The Floor"

1. The spouse with "the floor" presents a single statement or thought to his/her partner. He or she is the speaker.
2. The other partner is the listener. He or she cannot respond to what was said (doesn't have "the floor"). He or she repeats back what they heard their spouse saying to them.
3. The speaker then clarifies whatever points the listener didn't get right.
4. The listener then repeats the clarifications as he/she heard them.
5. The cycle continues until the speaker is satisfied that the listener has heard correctly.
6. "The floor" then passes to the listener who now becomes the speaker.
7. The new speaker can now either respond to what they have heard or address any subject they choose.
8. Return to step one.