

## How We Listen

Listening to **Comprehend** - You are working to accurately interpret and store information you receive you can currently recall it later.

Listening to **Discern** - You are focused on distinguishing specific sounds in vocal tone to assess mood and stress level.

Listening to **Analyze** - You are carefully evaluating the message you are receiving and you judge it - accurate/inaccurate, good/bad etc

Listening to **Appreciate** - You are simply listening to enjoy the sounds you're experiencing and then expressing your appreciation.

Listening to **Support** - Your goal is to provide comfort for your conversational partner.