



HEARING AND BEING HEARD

My objectives

Did I describe
the situation?

Did I express
and
reinforce my
opinion?

Did I assert
myself?

Was I
mindful?

Did I appear
confident?

Did I
negotiate?

The relationship

Was I gentle?

Did I threaten?

Did I attack?

Was I
judgemental?

Was I
interested in
them?

Did I validate
their feelings
and opinions?

Was I relaxed
or tense?

My self respect

Was I fair?

Did I apologise
when needed?

Did I not
apologise when
not needed?

Was I
truthful?

Did I stick to
my values?

Did I listen to
understand?

Being Heard

D Kirk



Being Heard:

Embracing the Beat of Term: An Psychological Symphony within **Being Heard**

In a global eaten by displays and the ceaseless chatter of instantaneous communication, the melodic beauty and emotional symphony developed by the prepared term usually fade in to the backdrop, eclipsed by the constant noise and distractions that permeate our lives. Nevertheless, located within the pages of **Being Heard** a charming literary treasure overflowing with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that captivating masterpiece conducts viewers on an emotional trip, well unraveling the concealed songs and profound affect resonating within each cautiously crafted phrase. Within the depths of this poignant analysis, we will investigate the book is central harmonies, analyze its enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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Being Heard Introduction

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