The Speaker-Listener Talk

20 minutes a week, plus 5 a day. For when we keep talking past each other.

1. **Weekly, 20 minutes.** One topic. Timer on. Pick an object to be the floor.
2. **Speaker:** speak for yourself. “I feel…” A sentence or two, then pause.
3. **Listener:** paraphrase before you respond. “What I hear is… Did I get that right?” No rebuttals.
4. **Swap the floor** until you both feel understood.
5. **Then** one small next step, or none. End with a thank you.

Daily, 5 minutes: one feeling plus one need each. The listener reflects it back.

If it gets hot: pause, set a return time, come back.

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