

3 minute thoughts

Episode 5 Trust on the home front

THE IDEA

Think of someone you'd like to invest in.

Using the instructions on the next page, practice *Five-minute thinking pairs*.

In just five minutes each way you can keep the trust alive.

THE QUESTION

What relationship would benefit from just a few minutes of uninterrupted listening?

Once you have identified someone, what will you do to create an intentional moment of listening, looking them in the eye, a moment of uninterrupted connection?



Instructions for *Five-Minute Thinking Pairs* listening activity

For this straightforward practice, set your timers for five minutes then switch roles.

Total time is five minutes each way, plus five minutes to start and end well—for a total of fifteen minutes.

- Explicit is a guarantee that the listener or *thinking partner* will pay ATTENTION and NOT INTERRUPT
- The *thinking partner* trusts the intelligence of the *thinker* by staying silent and holds back from sharing an idea
- The *thinking partner* keeps eyes on the thinker, encouraging them further—and starts with a single question:

“What do you want to think about today, and what are your thoughts?”

The *thinking partner* continues paying ATTENTION, in silence, until the *thinker* says they have finished thinking. When the *thinker* states they have finished, the *thinking partner* asks,

“What more do you think or feel or want to say?”

Again, the *thinking partner* continues paying attention, in silence, until the *thinker* says they have finished. Only then might the thinking partner ask this “*What more*” question again, until the *thinker* has truly finished.

Offer appreciation.