

This is “Peer Counseling Pause” with Reova Meredith

Levels of Listening

There are five levels of listening:

Level 1 Ignoring – not listening at all

Level 2 Pretending – giving superficial attention but not attending to the speaker’s words or intent.

Level 3 Selective Listening – Hearing only certain parts of the conversation. Hearing only things that “ catch your ear”

Level 4 Attentive Listening – giving undivided attention and focusing energy on the words being spoken.

Level 5 Empathetic Listening – listening with intent to understand – trying to understand what is underneath the words being spoken.

The two highest levels of listening, attentive listening and empathetic listening, require the listener to give full attention to the speaker.