

## **True listening**

A while ago I've been a guy who would frequently interrupt a conversation partner, mainly because of my own impatience and my urge to express my thoughts and opinions, while at the same time not actually valuing the thoughts and opinions of my dialogue partner. Today this still happens from time to time, but much less frequently so. The most important change, I think, which happened to me regarding this, is, that today I consciously realize when I interrupt a person in speech. I then allow myself to step back from my personal urge to speak and instead I say this: "Sorry, I just interrupted you. Please go on with the things you wanted to say."