

People Want to be Heard

by

DATO' BRIDGET MENEZES

How well do you listen? Do you let others finish speaking before you begin to talk? Give people who are talking to you your full attention, without judging them or giving them advice. Make eye contact. Listen in order to understand. Allow more time for people who reply in few words. Ask questions when appropriate.

Some people speak so much that I don't even have a chance to put in a word. They control the whole situation.

"Give people who are talking to you your full attention, without judging them or giving them advice. Make eye contact"

Listen to others the way you would like them to listen to you. We have a basic need to be heard and understood. Disagreements between people arise because of misunderstandings or control. Build a close understanding and harmonise your relationships.

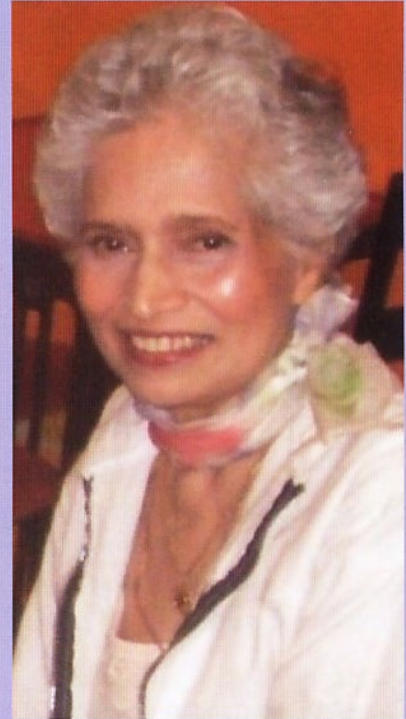
We have two ears and one mouth. This means we have to listen twice more than we speak. We must cultivate compassionate listening attitude. People want to be heard. By listening, we learn and show regard to the other person. Be patient in listening to others so that we understand their intentions and know how to respond to the situation.

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We have to spare some time to listen to others. This is an act of charity. Enquiring after their welfare earns us goodwill and good wishes. This indirectly will help us play our role in a way that will earn us applause.

Thought for reflection:

Attentive listening is a prerequisite to avoid any kind of communication gap.



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was born in Goa, India. A naturalized Malaysian she was trained as a musician. She is an inspiring and much sought-after speaker, counselor and motivator on topics relating to self-improvement, positive thinking, stress management and others. She is well known for her cheerful disposition.

She has done several talk-shows and now has a daily Self-empowerment programme on RTM Radio 4. She has also presented on RTM TV 2, TV3, NTV 7 and ASTRO. She has a weekly column in the New Straits Times, Borneo Post Kuching and Sabah Daily Express. She also writes for The Star. She has published a book entitled "Self-Empowerment" and it became the No.1 best seller in 2005.