

# Dr. John Gottman's Skills for Active Listening

**01**

**Concentrate on Being Interested, Not Interesting**

**Begin With Asking Questions**

**02**

**03**

**Search for Commonalities**

**Maintain Good Eye Contact**

**04**

**05**

**Validate the Speaker's Sentiments**

**Listen with Complete Attention**

**06**



[happycoupleshealthycommunities.com/](http://happycoupleshealthycommunities.com/)



[michaelbrown@happycoupleshealthycommunities.com](mailto:michaelbrown@happycoupleshealthycommunities.com)



904-289-2954