Stop Over-response

Improving Communication & Relationships

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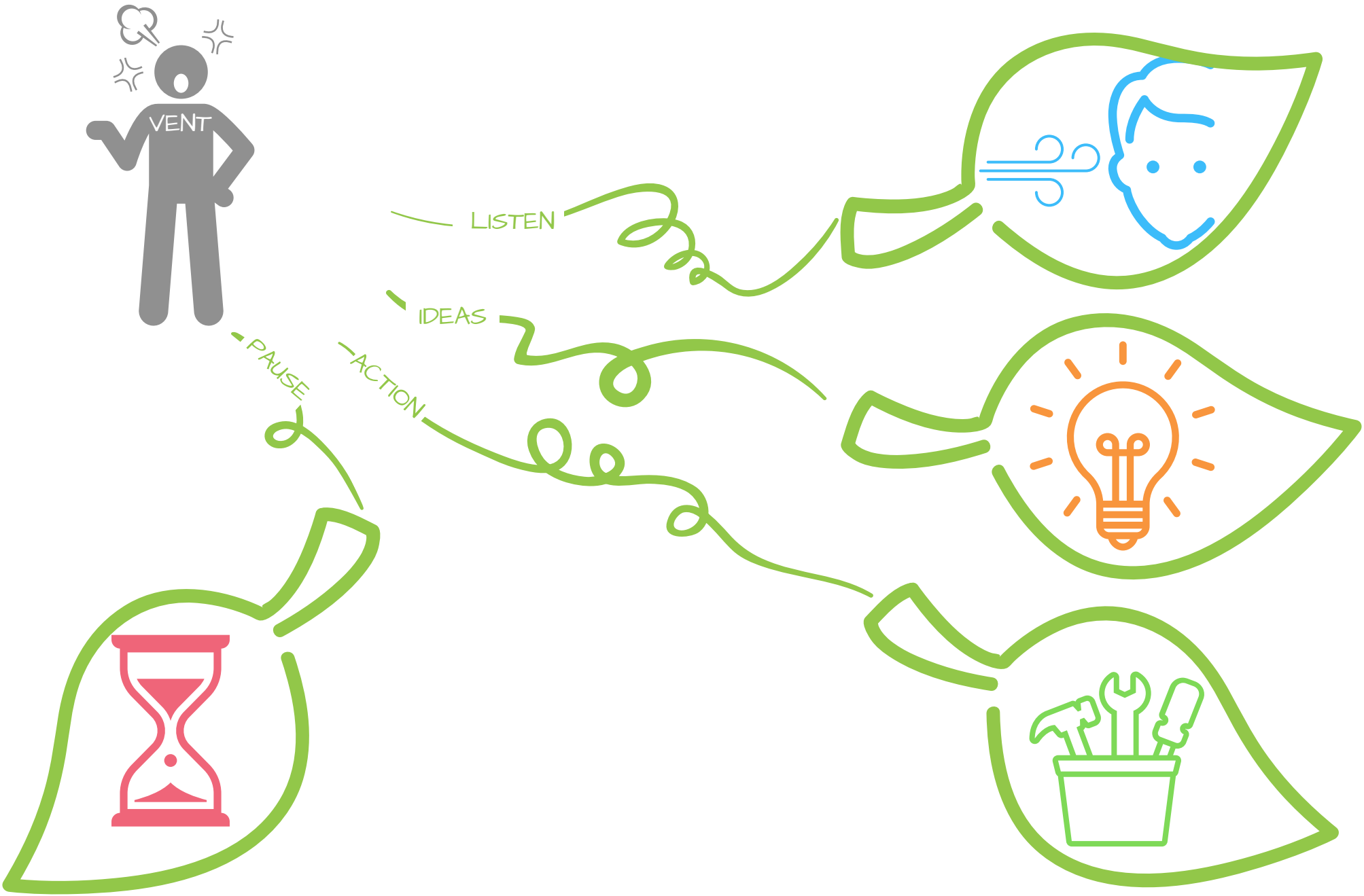

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LISTEN

IDEAS

ACTION

PAUSE

"Is there more?"

"Would you like some options?"

"Do you want me to do something?"

"I am not able to listen right now."