The following paired exercise allows participants to practice their listening skills and to experience being listened to deeply:

- Find a partner. (Preferably someone new!).

- Briefly introduce yourselves.

- The person whose name is first alphabetically should tell a personal story related to FOOD. You will have 4 minutes to do so. Before you begin, spend 60 seconds thinking about the story you wish to tell and how you want to tell it before you begin.

- While the first speaker talks, the listener should listen intently without talking for the first 2 minutes, paying careful attention to word choice, tone, body language and other non-verbal cues, and energy levels. After 2 minutes, the listener may ask questions as the speaker continues to tell his/her story for an additional 2 minutes.

Switch roles: The second partner should tell a personal story related to FRIENDS while the other actively listens. Again, spend 60 seconds thinking about the story you wish to tell and how you want to tell it before you begin. As before, the listener should listen without interrupting during the first 2 minutes, but may ask questions after that point.