

**BWD Kaszniak Listening Mode Dyadic Exercise (40 minutes):**

Ask participants to form pairs with someone that they do not know very well (i.e., not a friend or familiar colleague). Then, both members of each pair are asked to think to themselves about a difficult decision they are trying to make (e.g., regarding career, a clinical issue, a relationship, etc.), and also about a recent upsetting event (e.g., a fight or disagreement with another, a significant disappointment). When we begin the exercise, they will be asked to relate both the difficult decision and the upsetting event to their partner in this exercise.

Ask each pair to decide who is to be in the “A” and “B” groups: Those in the “A” group will listen to their partner’s first story by their choice of one of two modes of attending: (1) attending to what is said and also trying to relate what the person is saying to their own lives and how it makes them feel; or (2) Adopting a mindful, other-focused attending, attempting to rest attention completely on the other individual - When thoughts about self arise, acknowledge them, but then gently return the attention to the partner. For group “B” they will relate their choice of one of the two stories (difficult decision or upsetting event).

Then, ask each person to sit with their partner and have those in the “B” group begin telling their partner of either the difficult decision or the upsetting event, while the listening partner adopts either the self- or other-focused mode of attending. After 5 minutes, ring the bell, and ask for the “B” group to switch to the other story (difficult decision or upsetting event) while the “A” group switches to the other mode of attending.

After 5 minutes, again ring the bell, asking the partners to switch roles of story teller and listener, repeating again the two 5 minute talking/listening periods marked by ringing the bell.

Following the fourth 5 minute period, ask each partner to inform their partner about how they felt while being listened to in the first and second telling, focusing on whether there was any difference in their experience of how the other was hearing them. Then, ask the each partner to describe whether they were taking an other-focused versus self-focused attentional stance for story 1 versus story 2, and relate to the story-teller any differences they experienced in how it felt to hear the stories in each of these two modes.

Then, after 5 minutes, ring the bell and call the full group back together for 10 minutes to offer (popcorn style), any insights that arose for them in this exercise.