

***The 7 Habits of Highly Effective Teens***  
**Part 3: The Public Victory**  
**Chapter 3: Habit 5: Seek 1<sup>st</sup> to Understand, Then to be Understood**

**Due:**

**Directions:** Read Part 3 Chapter 3 of *The 7 Habits of Highly Effective Teens* pg. 164-180. Then please think about and answer the following questions on your own paper. (Answers should be in paragraph form and reflect thought.)

*Before I can walk in another's shoes, I must first remove my own.*

-Unknown

1. Look back at the list of baby steps from the last chapter (pg. 162). You resolved to do at least 5 last time. Discuss how successful you were at keeping this promise to yourself. Which baby steps were you able to achieve? If you didn't achieve all of your steps you resolved to, explain why? How do you feel about your progress? Compare your progress this time with your progress from last time. (Please be very detailed in your discussion!)
2. Please explain what Covey means by this habit. What does it mean to "seek first to understand, then to be understood?"

Seek to Understand

3. Think about a time you tried to open up and talk with someone about something and they didn't take the time needed to understand or listen to you. Describe. How did you feel about this situation?
4. Please name and describe the 5 poor listening styles Covey talks about in this chapter. Do you recognize yourself in any of these styles? Explain.
5. Covey describes 3 ways people who listen from their point of view will respond: judging, advising, probing. Please describe these three self-centered listening responses. Do you see yourself in any of these types of responses? Explain.
6. What are the 3 things you must do in order to do genuine listening? List and describe them.
7. When was the last time you tried walking in someone else's shoes? What was the experience like- actually trying to consider another person's point of view or idea before sharing your own? Describe what happened and what you learned. Explain

Then to be Understood

8. When do you have the most difficult time giving feedback to others? Why?

9. If you genuinely listen to another person, what happens when you then express your feelings, ideas, suggestions, or opinions?
10. When was the last time you kept your thoughts and feelings to yourself even though you really wanted to share them? Why didn't you share them? How did you feel about it?
11. Now that you have analyzed your actions, what can you do to improve your practice of the second half of Habit 5 "to be understood?"

Look at the 8 baby steps at the end of the chapter (pg. 180). Resolve to accomplish at least 5 of them.