

Luister Eens

Listening Game

Developed with the ambassadors of Luister Eens and in collaboration with the Van Gogh Museum and the Expertise Centre for Transcultural Therapy.



Coöperatie
Expertisecentrum
Transculturele Therapie
U.A.

Yes, you're going to play the Listening Game! A game that focuses on paying attention to one another.

You'll practice listening, sharing, and understanding each other better. The rules are simple and provide guidance, but that doesn't mean listening is always easy.



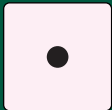
10 - ∞ min



2 players

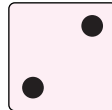


8 - 99 years



Ask follow-up questions about feelings and meaning.

Ask at least one question about how something felt for the other person ("How did that feel for you?") and one about what it means to them ("What does this say about what's important to you?").



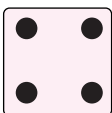
Ask at least 3 open-ended questions.

These are questions you can't answer with a simple "yes" or "no." For example, "What happened then?" or "How did that make you feel?"



Show that you're listening.

Nod occasionally and say "hm-hm." This lets the other person know that you're focused on the conversation and that you're hearing them.



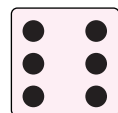
Ask what the other person needs from you as a listener.

Ask at the beginning of the conversation what the other person needs and keep this in mind throughout the conversation



Ask follow-up questions to learn more.

When someone tells you something, ask another question about how it was, what they thought, or why it happened that way. This way, you'll learn a lot more, and the other person will feel truly heard!



Check to see if you've understood the answer correctly.

Briefly summarize what you've heard, without adding your own opinion or judgment.

Is listening more challenging than you expected? **Then read our tips at [LuisterEens.nl](https://www.luistereens.nl)**



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Here's how to play

1. Preparation

Choose a quiet place where you won't be disturbed. Lay out the cards and the die.

2. Assigning Roles

Before you begin, decide who will be the **listener** and who will be the **storyteller**. Switch roles after each round.

3. Start of a round

Listener

The listener rolls the die and receives a listening task for the conversation.

Storyteller

The storyteller draws a card, reads it aloud, and begins telling their story.

4. Types of cards

Question card

The questions for the **storyteller** have three levels: ranging from lighthearted to more profound. The storyteller chooses which level feels most appropriate.

The goal for the **listener** is to become aware of what listening truly means. It is important to keep listening with full attention.

For the **storyteller**, the goal is to feel comfortable speaking openly and to feel heard.

Art cards

The game includes paintings by Vincent van Gogh. These cards can help put feelings and experiences into words.

Sometimes you'll be asked to use an art card, but you can also choose to pair an art card with a question on your own. Feel free to do this if it helps with the storytelling.

5. Ending the conversation

After a few rounds, you can decide together to wrap up the conversation. The storyteller can then bring it to a gentle close.

Afterward, take a moment to reflect on the conversation together. Share with each other what stood out to you and what you're taking away from the conversation.

Enjoy listening and sharing!



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