



Jesus commands us to love our neighbor as ourselves. One of the greatest ways that we can show love to others is by actively listening. This shows care & concern. As people feel heard it also opens opportunities for us to share truth with them, whether by sharing truth for God's Word or some other helpful insights to fix a problem they face. As someone has wisely said: "People don't care how much you know until they know how much you care."

While this book is written for physicians, the goal is to teach doctors to listen better so they 1. fully understand the problem and give better prescriptions and 2. so patients will listen better to their doctors. If patients don't feel listened to, they won't trust the doctor's prescription. In the same way, if we want to help others and share the truth of God's Word, we need to listen, truly listen. This book gives some practical ways to become a better listener.

The authors of "See Me as a Person" teach how to authentically connect with others in a meaningful way that allows you to provide them what they need to heal and thrive.

The four parts of this connecting are: **Attuning, Wondering, Following and Holding.**

Attuning is "being fully present with "this person right now," attuning to who he or she is as a human being". This involves showing by our body language that we are engaged and by removing any physical or mental distractions. Even the simple act of sitting down shows that we are intentionally present with this person and want to build a relationship with them.

Wondering is "suspending your conclusions as you ask questions and listen carefully for answers that make wonder an integral part of the relationships you build". This allows you to walk this road with them and truly understand them. Rather than trying to fix the problem, truly take time to understand them and the problem. Doing so will allow for far greater insight.

Following is “following the cues you’re getting from the person in front of you, venturing into new inquiries based directly on both the verbal and nonverbal answers you’re receiving”. Most people daily drop clues to the things they love and the things that are hurting that they want to talk about. Following lets the person know that you understand and gives them an opportunity to open up to you.

Holding is “metaphorically (and sometimes literally) holding the person in a way that demonstrates that you will do what it takes to safeguard the other from physical, mental, and emotional harm no matter what might threaten to interfere with your connection.” This allows you to build others up and give them the strength they need. Many times you may not fix the problem, but holding a person in the midst of the problem is all they want.

People long to be seen and understood as a person, these tools help us to treat people as people, “rather than as an obstacle or an object or a labeled category”. Seeing people as people allows us to truly minister to the whole person.