Listen

聞く

James 1:19

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1. Quick to listen

1. 聞くのに早く

How well do you listen? Plot yourself on the Telling/Listening Continuum:

よく聞きますか。話す／聞き取り連続体に自分自身をプロットしてみましょう:

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| Enjoy telling | Learning to listen | Enjoy listening |
| **伝える事楽しむ** | **聞く学習** | **聞く事を楽しむ** |

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Source: Transformational Coaching, Ogne and Roehl (2019)

2. Slow to speak

2. 語るのに遅く

3. Slow to get angry

3. 怒るのに遅くありなさい