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| Qualities of Good Listening | 良好听力的素质 |
| Patient | 耐心 |
| SympatheticSympatheticGood accompanimentattentivenesswarm attitudegentlenesshelpfulcarefulnessgood understanding deep meaninghonestnot teachingability to resolve own problemnot quick to respondbig heartedunderstands the needs of othersacceptancecan identify with speaker/empathyquietsensitive observerhas been listened to welloptimistic/hopefulknows how to praynon-judgmental | 同情心同理心会陪伴专注温和的态度 不急躁乐于助人细心善于理解深层含义真诚不说教本人有自我疏导能力不急于回应心胸庞大，承受能力强懂得别人的需要认同感静敏锐观察力自己有被聆听的经验乐观会祈祷不加判断地聆听 |