

The “LSD” technique

While talking with someone, you draw your own conclusions about what you *think* your partner is saying, thinking or trying to convey. The conversation technique LSD helps prevent miscommunications as much as possible. LSD stands for Listen, Summarize and Dig deeper. It's great in any conversation.

Listen

Listening isn't just about hearing what another person is saying. Pay attention to the speaker by signaling that you're listening and processing the information they're sharing. That way, you show you are listening actively.

Summarize

To listen with attention and really understand the speaker, you paraphrase and then summarize.

Paraphrasing means that you process the information, interpret it, and then reflect it back in your own words. After that, you summarize the information to emphasize the key points.

Dig deeper

You'll achieve more in a conversation if you ask questions. By enquiring further into what your partner is saying, you can clarify matters that were a bit vague; distinguish the main issue from side issues; and resolve contradictions.