

# Listening: Can You Go Longer than 17 Seconds?

I was recently reviewing [The Five Love Languages: How to Express Heartfelt Commitment to Your Mate](#) by Dr. Gary Chapman, and I came across an interesting fact. He stated that research has found that, while conversing, the average person can only go 17 seconds before interrupting or interjecting their own thoughts. Seventeen seconds! I was a bit startled by that low number. What does that say about us?

One could probably make lots of conclusions from that fact. Here are some that I suspect are true:

1. It says that we are dying to be heard. We can hardly wait for our chance to talk.
2. It says that we prefer talking over listening.
3. It says that the people around us are hungry to have someone give them focused attention.
4. It says that intentionally listening is a powerful way to love another person.
5. It says that if you are a great listener, you will stand out.

If you want to give your partner a meaningful expression of your love this week, listen without interrupting. Don't interject your ideas until the other person is fully finished with sharing their thoughts. Surpass the 17-second mark!



About the Author: *Carrie Hoffman is a professionally trained Life Coach, specializing in helping couples build and maintain a strong marriage during their busiest parenting years. She provides coaching for couples and has spoken at numerous moms' groups in the Denver area. If you enjoyed this article, visit [www.EmbraceLifeCoach.com](http://www.EmbraceLifeCoach.com) to receive a FREE Special Report "How to Speak so Your Spouse Will Listen."*  
*You can also contact Carrie at [Info@EmbraceLifeCoach.com](mailto:Info@EmbraceLifeCoach.com) or 303-916-7845 for a complimentary consultation if you are curious about relationship coaching.*

