

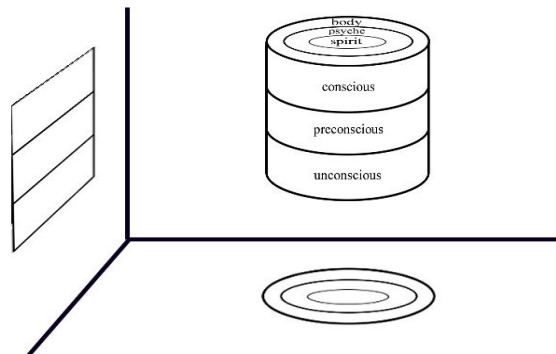
# The Three Dimensions of Listening

Stephen H. Sulmeyer, J.D., Ph.D.  
IACP Forum  
October 21, 2023

## Separateness and Connectedness

Seeing ourselves as separate from others is one lens through which we can view things, but by itself it is incomplete and misleading. Equally important is to see the ways in which we are inseparably connected to others. Look through *both* of these lenses simultaneously—lightly holding our separateness *and* our connectedness—is like recognizing that we thought were separate, two-dimensional objects are in fact different aspects of one, single phenomenon.

The following diagram of Viktor Frankl's illustrates this point:



What at first glance appear to be utterly different and unrelated two-dimensional figures (the horizontal stripes on the left and the concentric circles at the bottom) can, when viewed from a three-dimensional perspective, be seen to be different projections of a single object. So it is with regard to seeing ourselves as separate and as inseparable—they are two facets of one indivisible, integrative approach.