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Living All In

How to Know a Person: The Art of Seeing Others Deeply and Being Seen

Most people do not feel deeply seen. Being known is not a luxury. It is a human need. Deep relationships are built less through advice and more through attention.

ILLUMINATORS VS DIMINISHERS

ILLUMINATORS

- Make people feel seen, heard, and valued
- Listen to understand rather than manage
- Are curious about inner experience, not just outcomes
- Reflect what they hear without fixing

DIMINISHERS

- Interrupt or redirect
- Listen to respond, correct, or advise
- Focus on performance over person
- Unintentionally shrink emotional space

WAYS TO PRACTICE SEEING OTHERS

- Listen past the story to the emotion
- Name feelings before opinions
- Ask open questions that invite reflection
- Stay present even when uncomfortable
- Reflect essence rather than content

POWERFUL QUESTIONS

- What feels most alive for you right now?
- What has been hardest to say?
- What are you carrying that few people know?
- Where do you feel most supported?
- Where do you feel unseen?

RELATIONSHIPS AS A DAILY PRACTICE

- Depth is built moment by moment
- Attention is the currency of connection
- Repair matters more than perfection
- Being known requires risk
- Closing reflection: Who in your life needs more of your presence, not your solutions?