



The Scoop on Looping

Looping is a communication technique that transforms how we listen and connect with others. Used by conflict mediators and psychologists, looping gets beneath talking points. By proving we are trying to understand one another, looping builds trust, creates clarity, and invokes curiosity—even amidst profound disagreement.

SOURCE: Looping is a technique developed by Gary Friedman and Jack Himmelstein of The Center for Understanding in Conflict.

