

Listening Barriers

Following is a list of ten barriers to skillful listening. Check those listening habits that you are sometimes guilty of committing when communicating with others. Be honest with yourself!

- I interrupt often or try to finish the other person's sentences.
- I jump to conclusions.
- I am often overly parental and answer with advice, even when not requested.
- I make up my mind before I have all the information.
- I am a compulsive note taker.
- I don't give any response afterward, even if I say I will.
- I am impatient.
- I lose my temper when hearing things I don't agree with.
- I try to change the subject to something that relates to my own experiences.
- I think more about my reply while the other person is speaking than what he or she is saying.

My goals to overcome any one of these habits: