

Blocks to Listening

- 1) Comparing: You're trying to assess who is smarter, more competent, more emotionally stable, who has suffered more. It is difficult to listen when you're busy seeing if you measure up.
- 2) Mind Reading: You're not paying attention to what another says, rather you're trying to figure out what the other person is REALLY thinking. The mind reader looks for intonations and subtle cues and relies heavily on intuitions, hunches, and vague misgivings.
- 3) Filtering: You pay attention only to that which is important to you. Sometimes you quit listening when you find out there is no real SERIOUS problem. You may also "not hear" negative, critical or unpleasant things.
- 4) Rehearsing: You can't listen well when you are carefully preparing your next comment. You LOOK interested but your mind is on your own agenda.
- 5) Judging: This is essentially hyper-critical evaluations based on pre-judgment. Judgment of discernment should only be made after careful reflection of the communication.
- 6) Dreaming: As you listen, something someone says triggers a chain of thoughts regarding issues unrelated to the present. This often happens when one is feeling bored or anxious, or when there is little commitment to the one speaking.
- 7) Identifying: You refer everything a person tells you back to your own experience. The focus is really upon yourself and your own need to be heard.
- 8) Advising: You have the solution that will solve the problem. With a little information you can "fix it." You easily miss the feelings and the pain communicated.
- 9) Sparring: Your desire is to argue and debate. You focus on that which you disagree about. One type of sparring is the put-down.
- 10) Being Right: You can't listen openly because you have to protect yourself from being wrong.
- 11) Derailing: You suddenly change the subject because you're bored or uncomfortable with the topic. One way to derail is to continually respond with a joke or quip.
- 12) Placating: You want people to like you so you agree with most anything that is said.

Note: Self-awareness is crucial to overcome listening blocks!
The problem with the above Listening Blocks is self - getting in the way...