

10 blocks to listening

Which of the following do you suffer from?



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1 | Comparing

As soon as someone starts talking about an issue they're facing, you immediately feel compelled to start talking about what you, or someone you know did when faced with a similar problem.

2 | Filtering

Try as you might to give someone your undivided attention, you always find yourself listening to just some of what they're saying and not the full picture.

3 | Judging

You find it hard to listen without dismissing what they're saying because you've judged them and think they only have themselves to blame.

4 | Advising

You're a bit of a problem solver and just a few words into the conversation you find you're already making suggestions.

5 | Identifying

You can't help but refer everything they're saying back to your own experience.

6 | Daydreaming

You're not paying attention to them because what the person is saying is triggering your own memories.

7 | Mindreading

Instead of listening to them you're preoccupied with trying to figure out what they're really thinking.

8 | Rehearsing

Your attention isn't on the person speaking as you're too focused on what you're going to say next.

9 | Derailing

As soon as you feel bored or uncomfortable you change the topic.

10 | Placating

You pretend to listen by making supportive noises, 'yes, really' but you're not actually listening.

Critical to improving your listening skills and ability to put yourself in someone else's shoes is first becoming aware of the above blocks and recognising when you've stopped listening. As with any other skill, it takes practice to become a good listener. Professional workshops and role-play can help.

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