

Listening Stumbling Blocks

Which of the following stumbling blocks have tripped up your capacity to listen well to others?

Me Too: Having the tendency to identify with what the speaker is saying, sometimes injecting an anecdote, turning the spotlight on oneself, and maybe not hearing what is actually being said.

Distracter: Having the tendency to change the subject or put down an idea before it is even fully expressed.

Judger: Having the tendency to listen with a critical ear and prejudice the merit of an idea, perhaps dismissing it prematurely.

Preparer: The tendency to rehearse what you want to say in response before the speaker has completed their thought and losing sight of the speaker's full message.

Nitpicker: Having the tendency to look for something to disagree with; pushback at; challenge or argue about often coming from the need to be precise and/or right.

Fortune Teller: Having the tendency to think you know what someone is going to say before they say it and responding from that assumption.

Sifter: Having the tendency to hear just what you want to hear and disregarding the other parts of the message.

Peacekeeper: Having the tendency to pretend to agree with others just to placate them or avoid confrontation.

Drifter: Having the tendency to get distracted when others are speaking by checking cell phone, email, looking at a passerby, daydreaming, looking away from the speaker, and so forth.

Concluder: Having the tendency to complete a person's point for them, rather than allowing them to finish their thought.

Aristocrat: The tendency to assess another's speech, accent, costume, while they are talking rather than listen to what they are saying.

Oblivious: The tendency to ignore signals like body language, emotions, stress levels, and just attend to surface level of the message missing the underlying meaning or nuance in the message.