

## Blocks to Listening

**Listening** is the gift of **presence**, genuine attentiveness (simply not speaking isn't necessarily listening).

Below are 12 blocks to true listening. Many have positive intentions...but they don't allow you to truly listen fully. By identifying what your tendencies are you are more apt to notice when you are drifting and can guide yourself back to being fully present.

Which of these do you think you use most often?

- Comparing:** Busy assessing who is smarter, more competent etc.
- Mind Reading:** "What is she really trying to say?"
- Rehearsing:** Planning and practicing what you will say next
- Filtering:** Selective hearing; only allow in what you want to hear
- Judging:** Pre-judging; making an evaluation before you've heard the whole story
- Being Right:** Go to any lengths to avoid appearing wrong
- Dreaming:** Half-listening; reminded of private associations
- Identifying:** Triggers your story before they can finish theirs
- Advising:** Begin to help and suggest before you've heard the whole story
- Sparring:** Argue and debate putdowns, discounting the other
- Derailing:** Changing the subject, joking it off
- Placating:** Agree with everything

Source: Unknown