

Handout 4.3 Blocks to Listening

- Comparing - Thinking of your own experiences and comparing them whilst the other person is talking.
- Mind reading – Trying to figure out what the other person is really thinking and feeling.
- Rehearsing – Giving attention to the preparation and delivery of your next comment.
- Filtering – Listening to some things but not others
- Judging – Not listening to what is being said, because you have already come to a judgement.
- Dreaming – Half listening whilst something the other person says triggers off thoughts and chains of association of your own.
- Identifying – Referring everything the other person says to your own experiences.
- Advising – being the great problem solver. Only listening to the first words or sentences before you start searching for the right advice.
- Derailing – Changing the subject because you are bored or on your own track