

IDENTIFYING YOUR LISTENING BLOCKS

Most of us aren't aware of our listening blocks. This exercise is designed to help you identify them. When you have a better understanding of your barriers to listening, you can become a better communicator—and good communication helps to build healthy relationships.

Use the space below to describe an interaction that made you feel bad, left the other person feeling bad, or created a misunderstanding.

Now write down your answers to the following questions:

What was the trigger? (Describe the topic of conversation, person, or situation.)

Which listening blocks did you use (comparing, mind reading, rehearsing, filtering, judging, dreaming, identifying, advising, sparring, being right, derailing, placating)?

Once you've identified your listening blocks it's easy to recognize that they are distorting communication and limiting relationship experiences. One of the keys to developing healthy relationships is to be open—and that includes being open to what others are trying to tell us.