

# Listening Traps



For each of the following “listening traps,” indicate whether you do the behavior never, sometimes, or often.

▼ Never		
▼ Sometimes		
▼ Often		
		1. Does your mind tend to wander and think about something else when you are supposedly listening to another person?
		2. Do you tune the other person out in order to prepare your response?
		3. Are you so wrapped up in your own feelings that it is impossible to get outside of them to really listen to another person?
		4. Do you figure that you know what the other person is going to say before you have heard all he or she has to say?
		5. Are you anxious to contribute your ideas or relate your experiences when the other person is trying to talk?
		6. Do you tend to finish sentences or supply words for the other person?
		7. Do you get caught up with insignificant facts and details and miss the emotional tone of the conversation?
		8. Do you listen with half of your attention tuned toward giving advice, solving the problem, or figuring out what to say to make the other person feel better?
		9. Are you human?