

Listening Bad Habits

Following is a list of 15 bad habits of listening. Check those listening bad habits that you are sometimes guilty of committing when communicating with others. Feel free to add to this list. Be honest with yourself! Being aware of these bad habits gets you one step closer to becoming a more empathetic listener.

1. I interrupt often or try to finish the other person's sentences.
2. I jump to conclusions.
3. I am often overly parental and answer with advice, even when not requested.
4. I make up my mind before I have all the information.
5. I am a compulsive note taker.
6. I don't give any response afterward, even if I say I will.
7. I am impatient.
8. I lose my temper when hearing things I don't agree with.
9. I try to change the subject to something that relates to my own experiences.
10. I think more about my reply while the other person is speaking than what he or she is saying.
11. Get distracted Listen only to facts Interrupt
12. Assume the other person already knows
13. Prejudge
14. Tune out
15. Ignore nonverbal clues