Listening Bad Habits

Following is a list of ten bad habits of listening. Check those listening bad habits that you are sometimes guilty of committing when communicating with others. Be honest with yourself!

☐ I interrupt often or try to finish the other person’s sentences.

☐ I jump to conclusions.

☐ I am often overly parental and answer with advice, even when not requested.

☐ I make up my mind before I have all the information.

☐ I am a compulsive note taker.

☐ I don’t give any response afterward, even if I say I will.

☐ I am impatient.

☐ I lose my temper when hearing things I don’t agree with.

☐ I try to change the subject to something that relates to my own experiences.

☐ I think more about my reply while the other person is speaking than what he or she is saying.