

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