



Module 5 Roadblocks to Listening

Activity: Roadblocks to Listening

Instructions: There are a number of roadblocks to active listening. As you have conversations at home and work in the coming weeks, think about how you use active listening. From the questions below, circle the 3 roadblocks you notice yourself doing the most often.

1. During conversations are you focusing on what you're going to say next rather than what the speaker is saying?
2. Are you making judgments about the speaker or what they are saying?
3. Are you taking everything the speaker says and relating it to your own experiences rather than understanding how the speaker uniquely experiences it?
4. Are you 'offering' your solution before the speaker finishes what they have to say?
5. Are you jumping in and arguing with the speaker at an early stage?
6. Are you pretending to be listening when you really aren't?
7. Are you responding to an emotional statement with a strictly factual answer?

Reflection Opportunity:

What can you do when you find yourself not listening?

How can you overcome your roadblocks to listening?