

## Look and listen: Blocks to Listening Reflection

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### *Daydreaming*

In what situations do you find yourself daydreaming?	When you find yourself daydreaming, with whom are you talking in your dream?
When you find yourself daydreaming, what is the conversation about?	When you are daydreaming, how do you feel about the other person?

### *Rehearsing*

In what situations do you find yourself rehearsing?	When you find yourself rehearsing, with whom are you talking?
When you find yourself rehearsing, what is the conversation about?	When you are rehearsing, how do you feel about the other person?

### *Filtering*

<p>In what situations do you find yourself filtering conversations?</p>	<p>When you find yourself filtering conversations, with whom are you talking?</p>
<p>When you find yourself filtering conversations, what is the conversation about?</p>	<p>When you are filtering conversations, how do you feel about the other person?</p>

### *Judging*

<p>In what situations do you find yourself judging?</p>	<p>When you find yourself judging, with whom are you talking?</p>
<p>When you find yourself judging, what is the conversation about?</p>	<p>When you are judging, how do you feel about the other person?</p>

## *Distractions*

<p>In what situations do you find yourself distracted?</p>	<p>When you find yourself getting distracted, with whom are you talking?</p>
<p>When you find yourself getting distracted, what is the conversation about?</p>	<p>When you are distracted, how do you feel about the other person?</p>

Adapted from *The Communication Skills Workbook: Self-Assessments, Exercises & Educational Handouts* by Ester A. Leutenberg and John J. Liptak