Blocks to Listening

Distractions
Occur when your attention is focused on something else. This could be personal (headaches, worry, hunger) or around you (traffic, whispering, others talking).

Filtering
When you listen to certain parts of the conversation but not all of what is being said.

Rehearsing
When you’re busy thinking about what you’re going to say next so that you never hear what the other person is telling you.

Judging
When you stop listening to the other person because you’ve already made up your mind about them. Includes labeling, making assumptions, or stereotyping.

Daydreaming
When you stop listening and allow your attention to wander to other things so that you are no longer paying attention to the person speaking to you.

Sure, listening to others sounds like an easy thing to do, but WITS LEADers know it’s one of the hardest parts of communication.