

# Barriers to Listening

**Advising** -- telling the person how to solve the problem “You should...”

**Diverting** – trying to get the person away from the problem “just forget about it...”

**Interrupting** – turning the attention on yourself “that reminds me of the time I ....”

**Disagreeing** – trying to influence the other with facts “it really happened this way”

**Discounting feelings** – “You shouldn’t feel that way.”

**Judging** – “if you wouldn’t have acted that way, you wouldn’t be in this predicament”

