

BARRIERS TO EFFECTIVE LISTENING



Prejudging the person you need to listen to: People often judge others on qualities such as their appearance, background, or language barriers. These judgments can get in the way of truly listening.



Formulating a response or rebuttal before someone is finished with their message: If you are thinking about how you will respond to someone before they've completed their thought, you're not listening to their complete message.



Listening just for facts: If you do not pay attention to the emotions behind the facts, as well as expression through body language, you might miss what is driving the message.



Misunderstanding cultural cues: Living in a global world demands increased awareness and understanding of the culture of the person you are talking to. Without this awareness, it will be difficult to determine the nuances and motivation of what someone is saying.



Multitasking/Task Switching: With advances in technology, there are more opportunities to be distracted. If you are looking at your screen while someone else is talking, you cannot listen effectively.

