

LISTENING FILTERS

Imagine this scenario: Someone says: “I’m feeling really tired and stressed out today.”

You might notice yourself adopting one of these listening filters. You may be listening to:

1. **FIX, GIVE ADVICE** – “Why don’t you take some time out today, go for a walk in the woods.” OR “Let me rub your back.” OR “You’ve been pushing yourself too hard, you should slow down.”
2. **COMPARE, TELL YOUR OWN STORY** – “Oh yeah, I’m really tired too, you should have seen my day.”
3. **TAKE IT PERSONALLY** – “So you don’t want to spend time with me tonight?”
4. **JUDGE, CRITICIZE, REBUT, BE RIGHT, MAKE THE OTHER PERSON WRONG** – “How could you be tired? You slept in all morning.”
5. **JUMP TO CONCLUSIONS** – “We can’t afford for you to take the day off work again.”
6. **PLACATE, DISTRACT/AVOID CONFLICT** – “Why don’t we go out for dinner?”

Which of the above are familiar for you? _____

Are there any other listening filters you are aware of? _____

The alternative is generous listening!