

APPENDIX D

Self-Defeating Listening Habits

1. Permitting interference from distractions
2. Tuning-in to factual content, while ignoring feeling messages
3. Deciding that the topic under discussion is boring
4. Allowing yourself to get overly aroused by what a speaker is saying
5. Getting aggressive and antagonistic in response to what is being said
6. Attempting to outline excessively
7. Shunning challenging topical content
8. Becoming hung-up on the speaker's style of delivery
9. Losing the advantage of thinking speed, by letting your mind wander
10. Trying to act like you're paying attention, when you're not

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