

Some Obstacles that Prevent Us from Listening Well... and some suggestions to hurdle them

1. Paying more attention to the speaker's mannerisms of speech than to what he is saying or reacting to certain words or phrases that call forth an adverse emotional response from you. This can make us predisposed to disagree or disregard what the speaker says.

- ❖ Try your best to set them aside. Sometimes just writing down, "I don't like that she keeps using that word," or "I find the speaker's voice hard to listen to" can help us get back to listening to the content.

2. Wandering mind.

- ❖ Again writing things down, both what you are distracted by and what you are listening to will help.
- ❖ Lean forward, move closer.
- ❖ Turn away from anything in the room you find distracting, including your phone or a clock.
- ❖ Try your best to resist making mental lists of what you need to do tomorrow!

3. We aren't really interested in the topic and therefore don't really see the point in investing much effort in listening.

- ❖ This is an opportunity for unity with your brothers and sisters.
- ❖ Try to be open; you might be surprised. Even one morsel may prove to be really fruitful.

4. You don't understand or maybe can't even hear some of the talk or sharing. Maybe the speaker is moving too quickly for you. You begin to feel frustrated.

- ❖ Move closer.
- ❖ Resist the urge to interrupt; remember others are listening too.
- ❖ Write down your questions.
- ❖ Make the environment as conducive as possible to good listening.