

FIT/UCE Employee Assistance Program
A Jointly Sponsored Labor Management Program

Deterrents to Listening

- 1) Fear of other people's power
- 2) Feeling competitive with speaker
- 3) Prior expectations about speaker or subject matter
- 4) Distractions – noise, phone calls, other demands on our time and concentration
- 5) Speaker or subject matter evokes a feeling, association or memory to something else.
- 6) Depending upon how our early needs were listened or not listened to, affects our current listening behavior.
- 7) Discomfort with interpersonal interactions