



9 HABITS TO BREAK TO BECOME A BETTER LISTENER

1



ATM

Auto Telling your story in response to someone else's story

2

SOS

Always putting the Spotlight On Self



3



FAR

Formulating A Response while the other person is talking

4

Sentencing
Finishing people's sentences for them



5



Mr. Fix It

Trying to fix other people's problems for them when they haven't asked you to

6

Don't Worry, Be Happy

Minimizing others' problems by saying "don't worry about that"



7



Playing God

Judging who's right or wrong without recognizing that people don't always see the world like you

8

Me Me Me

Turning the conversation to yourself no matter what



9



Mindreading

Thinking you know the other person's intentions