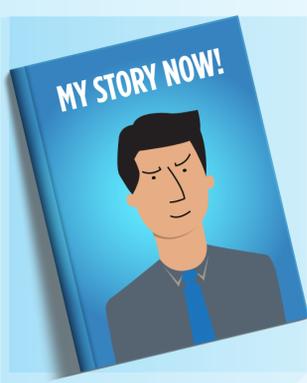




# 9 HABITS TO BREAK TO BECOME A BETTER LISTENER

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

From The Brian Buffini Show  
Episode 26: **MASTERING THE ART OF LISTENING**

