

Barriers to Listening and Self Expression

Ten Barriers to Listening

1. Truth - "I'm right and you're wrong."
2. Blame - "This is your fault."
3. Defensiveness - "I must argue to defend myself."
4. Mistrust - "If I listen to you, you'll take advantage of me."
5. Denial - "I'm not causing this problem. I'm the victim."
6. Entitlement - "I'm entitled to better treatment." or "You should think, feel and act the way I expect."
7. Power and control - "I must keep you in a one down position."
8. Scapegoating- "You're basically inadequate so why should I listen to you?"
9. Competition - "One of us must win and one of us must lose."
10. Revenge - "I have every right to punish you because of the way you treated me. You deserve it."

Ten Barriers to Self Expression

1. Conflict phobia - "Good people don't fight. Conflict is dangerous and should be avoided at all costs."
2. Disclosure phobia - "It is unwise to let others know what I think."
3. Fear of disapproval - "I must always try to please everyone and meet their expectations."
4. Fear of rejection - "If I tell you what I think you will reject me."
5. Fear of retaliation - "If I tell you what I think you will punish me. You are fragile and can't tolerate criticism."
6. Hopelessness - "You'll never change; there's no point in trying. I've tried everything and nothing works."
7. Pride - "I'm above dealing with this." or "It's too painful to admit that I'm part of the problem."
8. Helping - "I must help you if you are feeling upset."
9. Passive aggression - "I will punish you with silence. I will get back at you indirectly and insist I am innocent."
10. Mind reading - "Others should know what I want without my having to talk about it."