

Roadblocks to Listening

- Ordering, Directing, or Commanding
- Warning or Threatening
- Giving Advice, Making Suggestions, or Providing Solutions.
- Persuading with Logic, Lecturing, or Arguing.
- Moralizing, Preaching, or Telling Clients what they “should” do.
- Disagreeing, Judging, Criticizing, or Blaming.
- Agreeing, Approving, or Praising.
- Shaming, Ridiculing, or Labeling.
- Interpreting or Analyzing.
- Questioning or Probing.
- Withdrawing, Distracting, Humoring, or Changing the Subject.

From Gordon, T. (1970). *Parent Effectiveness Training*. New York: Wyden.