

LISTENING FILTERS FOR 9 TYPES

Listening for...

1	What is right and wrong and what needs to be corrected Whether I am being criticized Whether the other person is behaving correctly and responsibly
2	What others need and how I can help them Whether the other person likes me Whether I am "one up" or "one down" in relationship to others
3	What needs to be done and how I can accomplish my goals How the information will reflect on me What will support my success or help me be the best I can be
4	Whether I am being slighted, demeaned or misunderstood How I can appear to be special or avoid appearing defective How I compare to others
5	Facts, information or data that is of interest to me Demands on my time and energy or expectations of me Whether the other person is physically too close or is too emotional
6	Whether the other person can be trusted hidden meanings, hidden agendas or what is not being said anything that is threatening or that I need to plan or be prepared for
7	What is positive, fun or interesting and filtering out negativity The possibility of having limits placed on me or being forced to commit Stop listening and finish other people's sentences my head or get distracted
8	Who has control and whether they can be trusted Weakness, injustice, bullshit Who is to blame
9	How to keep the peace and avoid making waves or creating discomfort Demands on me to change or do something Whether I am being dismissed or ignored