

THE

**L.O.V.E.**

A P P R O A C H

# THE L.O.V.E. APPROACH

## **10 BARRIERS TO LISTENING**



1. Being Distracted
2. Thinking of My Answer
3. Interrupting
4. Pacifying
5. Lightening Up or Joking
6. Focusing on Facts
7. Finishing Sentences
8. Defending Myself
9. Judging
10. Sympathizing, not Empathizing