



BARRIER STATEMENTS



Will tomorrow's exam be hard?

- BARRIER STATEMENT:** "Not if you study"
- FEELINGS:** Concern, Fear
- LISTENING RESPONSE:** "You're worried about how well you'll do"
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I hate this school! And I hate you! You're a lousy teacher.

- BARRIER STATEMENT:** "Well that's too bad!"
- FEELINGS:** Anger
- LISTENING RESPONSE:** "You're really feeling angry about this. If we talk about it we can work it out"
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Gee, this class is boring. I wish vacation time would come.

- BARRIER STATEMENT:** "Get on with your work"
- FEELINGS:** Boredom
- LISTENING RESPONSE:** "I know you are feeling bored"



I didn't get an invitation to Jane's birthday party.

BARRIER STATEMENT: "That's tough"

FEELINGS: Disappointment

LISTENING RESPONSE: "You must be disappointed about that"



Boy, I sure wish I could stop smoking. I've tried a few times, but it's just too hard.

BARRIER STATEMENT: "I don't think you have tried"

FEELINGS: Frustration

LISTENING RESPONSE: "I understand how frustrating it must be, but I know you can do it"



Oh, Mum, I can't wear that!

BARRIER STATEMENT: "I don't care"

FEELINGS: Embarrassed

LISTENING RESPONSE: "Will you feel embarrassed if you wear this?"