



## Blab Earno

**T**his villain is extremely dangerous. It takes over a person's mouth and forces it to work overtime, thus, preventing the transfer of critical information from one party to another. Earno's powers are extraordinary. At times it will cast its infamous "blabber brain" spell which makes you focus on what you're going to say after another person finishes speaking, instead of paying attention to what that person is saying. Another of Blab's favorite spells is the "interruptus maximus" which makes people constantly interrupt the person speaking. Blab knows that the better you are at listening and understanding what another person is saying, the greater your chances for success. Therefore, this villain will try to divert your attention from this truth.

1. How often are you affected by this villain?

- all the time
- frequently
- every once in a while
- seldom
- never

2. How long has this villain been part of you life?

- since I can remember
- many years
- a few years
- several months or less
- never affects me

3. How does this villain make you feel?

(check all that apply)

- happy
- unhappy
- more in control
- less in control
- more self esteem
- less self esteem
- closer to my goals
- further from my goals
- a sense of safety
- a sense of vulnerability
- villain doesn't affect me

5. What triggers this villain in your life. (be specific)

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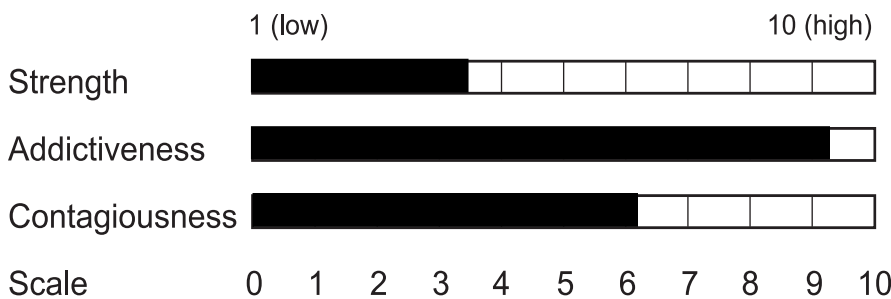


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6. On the scale to the left circle the number that best represents your level of infection by this villain.



# Overcoming Blab Earno

The best way to do away with a Blab is to keep your mouth closed for longer periods of time. Don't say as much. Listen, and don't just pretend to listen. Try to really understand what the person is saying. Give 100% of your attention while the other person speaks. Look into their eyes. When you feel the urge to jump out of your skin to say something, don't do it while another person is speaking. This is tough to do at first, but you can do it. Risk not making the brightest comment, not showing how much you know, not having the satisfaction of correcting the person speaking. Stop reacting to what you hear and listen to understand what is being said in its complete context. Instead of reacting to the person, take a moment to think and then respond. A good way to sharpen your listening skills is to ask questions that are based on your understanding of what has just been said. Sometimes you might want to repeat part of what you understand in the question, to let the other person validate that it is correct.

Analyze your listening habits	Great	Good	Weak	Awful
Focusing on what the other person is saying	—	—	—	—
Making eye contact	—	—	—	—
Being still and attentive	—	—	—	—
Understanding what is being said	—	—	—	—
Asking reinforcing questions	—	—	—	—
Asking pertinent questions	—	—	—	—
Not interrupting the person who is speaking	—	—	—	—
Taking notes	—	—	—	—
Using appropriate notebook, not post it notes	—	—	—	—
Quality of the notes taken	—	—	—	—
Being prepared to listen	—	—	—	—
Being on time	—	—	—	—
What will you do to become a better listener?	_____			
	_____			
	_____			