

LISTENING SELF-ASSESSMENT

Please honestly assess your own strengths and weaknesses as a listener. 1. I tend to suspend judgment while I am listening (vs. immediately evaluating what is being said). rarely most of the time 2. I really focus on what the other is saying (vs. my mind wandering or thinking about what I will say next). most of the time rarely 3. While listening, I try to enter the others' experience and frame of reference (vs. hearing everything through my own frame of reference). rarelv most of the time 4. I try to communicate my understanding of what the other has said before stating my point of view (vs. failing to acknowledge what the other has said). rarelv most of the time 5. Even when I may disagree, I try to reflect back my understanding of their position (vs. failing to acknowledge any validity in the other's point of view). rarelv most of the time 6. I attend well to the other non-verbally in ways that actively draw them out—presence, eye contact, etc. rarely most of the time 7. I can sustain my ability to listen attentively for long, deep conversations (vs. after a while, I notice I have difficulty sustaining attention). rarely most of the time 8. People tend to come to me with their feelings and concerns because I listen well. rarely most of the time



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What are your strengths as a listener?
In what areas could you improve?
What benefits do you see in improving your listening skills?
What is one specific action you will make to deepen your listening?
What impact do you expect this might have on your communication with others?