



## Listening Self-Assessment

Listening is an important part of effective communication, emotional intelligence, and healthy relationships. Sometimes, we might not be aware of how we are communicating or whether we are not closely listening when others are communicating.

Use this self-assessment to consider your listening style. Check each listening statement that applies to you. What do you notice about your listening style? Are there things you can work on to show you are a good listener? Are there areas where you excel? You can also think about how your and others' communication styles impact your relationships.

	Always	Often	Sometimes	Rarely	Never
<i>Compare myself to others</i>					
<i>Listen only to established facts</i>					
<i>Think about what I want to say back while others are speaking</i>					
<i>Interrupt to get my point across</i>					
<i>Get distracted or daydream</i>					
<i>Assume the other person knows exactly what I mean</i>					
<i>Tune out if I disagree or don't like the topic</i>					
<i>Can't wait to jump in with advice</i>					
<i>Think what I say is 'right'</i>					
<i>Don't really pay attention to gestures or facial expressions</i>					
<i>Make a joke or change the subject if I am uncomfortable</i>					
<i>Use sarcasm when I disagree or don't like what is being said</i>					
<i>Agree to be nice even when I don't agree or understand</i>					
<i>Make judgments about what is being said or of the person</i>					
<i>Only really pay attention if I agree</i>					

<i>Change the facts or lie when challenged</i>					
<i>Think I know what the person means, particularly with people I am closest to</i>					
<i>Get impatient if I think the person is taking too long to make a point</i>					
<i>Pay closer attention if I agree with the speaker or like the topic</i>					
<i>Listen just enough to enter the conversation and argue my point</i>					
<i>Get loud or accuse others when I am challenged</i>					
<b>TOTAL NUMBER OF CHECKS IN EACH COLUMN</b>					