

# LISTENING SELF-ASSESSMENT

You can check your own listening skills by taking this listening self-assessment. This test is designed to help you honestly assess your listening skills by quizzing you about each element of “active listening.” As you take this, think of a typical conversation with your spouse.

WHEN MY SPOUSE IS TALKING, I ...	RATING SCALE		
	NOT OFTEN	SOMETIMES	USUALLY
... am hurried or impatient.			
... stop doing everything else to listen.			
... am thinking about what I will say.			
... am thinking about other things I need to do.			
... correctly anticipate where the conversation is going.			
... give my full attention.			
... maintain eye contact.			
... nod or show other appropriate non-verbal responses.			
... interrupt to provide my perspective on the issue.			
... interrupt to clarify things I didn't fully understand.			
... interrupt to change the subject.			
... try to sort out the main points from the secondary issues.			
... place myself in their position to understand their concerns and feelings.			

WHEN MY SPOUSE IS FINISHED TALKING, I ...			
... repeat or summarize the things said to make sure I understood.			
... avoid responding emotionally.			
... make sure I answer any questions that were asked.			
... work toward a conclusion, solution or action steps.			

*“The greatest compliment that was ever paid me was when one asked me what I thought, and attended to my answer.” – Henry David Thoreau*