

Name \_\_\_\_\_

Period \_\_\_\_\_

## HOW WELL DO YOU LISTEN?

Circle the number below that best describes how well you listen?

- |  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| 1. I listen more than I talk                                 | 5 | 4 | 3 | 2 | 1 | I talk more than I listen                       |
| 2. I learn about the other person                            | 5 | 4 | 3 | 2 | 1 | I talk about myself                             |
| 3. I use good eye contact                                    | 5 | 4 | 3 | 2 | 1 | I don't use eye contact                         |
| 4. I mostly use the word "you"                               | 5 | 4 | 3 | 2 | 1 | I mostly use the word "me"                      |
| 5. I give too much advice                                    | 5 | 4 | 3 | 2 | 1 | I try not to give advice                        |
| 6. I ask complicated questions                               | 5 | 4 | 3 | 2 | 1 | I ask simple questions                          |
| 7. I give positive comments                                  | 5 | 4 | 3 | 2 | 1 | I give negative comments                        |
| 8. I enjoy silence   | 5 | 4 | 3 | 2 | 1 | I don't like silence                            |
| 9. I lean forward to listen                                  | 5 | 4 | 3 | 2 | 1 | I slouch when listening                         |
| 10. I use humor when things are tense                        | 5 | 4 | 3 | 2 | 1 | I don't know what to do when things are tense   |
| 11. I try to see how others see                              | 5 | 4 | 3 | 2 | 1 | I must defend how I feel                        |
| 12. I wait until someone is finished speaking before I speak | 5 | 4 | 3 | 2 | 1 | I tend to interrupt or finish other's sentences |

As you look back over your checklist, draw a vertical line connecting the numbers together. How does your line look? Is it straight or crooked? Is it near the numbers 4 and 5, or more near the numbers 1 and 2?

Good listeners should have circled mostly number 5s. These are the positive ways of listening.

How could you improve your listening skills?