



Assessing your listening skills

Which of the following do you recognise in yourself?

<i>Please tick appropriate box</i>	Never	Sometimes	Often	Always
Are there some individuals that you avoid having to listen to?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there certain categories of people you find it difficult to listen to?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Would someone's appearance prejudice you so that you could not listen objectively?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you tune out on certain topics?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you refuse to listen to things that make you feel uncomfortable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you pay attention only to the good/bad things that you hear?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you listen chiefly for facts and overlook feelings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you listen purely for your own purposes without thinking what the other person needs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you let your mind wander or pursue thoughts of your own?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you spend most of the time thinking what you are going to say next?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you easily distracted by other things going on around you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have ways of kidding the speaker that you are paying attention when you are not?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your body language ever reveal that you are getting bored, impatient or irritable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you always ready to jump in with your own ideas as soon as the other person pauses?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If the other person says something you disagree with do you interrupt to put your point of view across?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If you can guess the end of the person's sentence do you complete it for them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

To be good listeners we are aiming to answer 'Never', If you answered mostly 'Never or Sometimes', well done! You are doing well as a listener - keep working on it - we can always improve.

If you answered mostly 'Often and Always', it's time to start focussing on your listening! Awareness is the first step, and with practice you (and those around you) will see real changes.

This questionnaire is part of the 'Asking Better Questions' Training. For more information go to www.betterquestions.com.au