

Self-Test for Your Listening Potential

Check either yes or no beside each of the following statements:

Yes **No**

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. When someone begins speaking, do you immediately begin to formulate your response? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you have difficulty with silence? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Do you sometimes think that listening to this person is a waste of time? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you typically think of other things while you appear to be listening to the other person talking? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you quickly jump to conclusions and interrupt with things to suggest to this person? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Do you assume you know what someone will say, and finish statements for them? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Is it difficult to focus on what others are saying when you have something on your mind? |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Do you often say to others "listen to me"? |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you sometimes seem to miss them and the context they intended? |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Do others tell you that you're not a good listener? |

If you answered "yes" to more than eight of the above, your natural tendencies are inhibiting your ability to listen. If you answered "yes" to five or less of the questions, you're a pretty good listener.