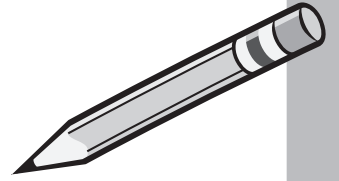


Check Your Listening

Take this self-test about your listening skills.
For each statement:



Check the box if it is **true most of the time**.

If a statement is **usually not true** for you, leave the box blank.

- 1. I make eye contact with the person who is speaking.
- 2. I wait until the other person is finished before I start talking.
- 3. I focus on what the other person is saying instead of just thinking about what I'm going to say.
- 4. I let the other person speak without taking over the conversation and making it about me.
- 5. I care about what the other person has to say.
- 6. I try to understand what the other person is feeling.
- 7. When I have a conflict with someone, I try to listen to his or her side of the story.
- 8. I work on being a good listener in all my conversations.

How did you do?

If you checked at least 4 of the statements, you already have some good listening skills.

If not, you are not alone. Many people have not yet learned how to listen. The good news is that everyone can learn to be a better listener. It just takes practice. Be part of the solution by really listening to what other people have to say!

