



Listening Assessment

Rate yourself using this assessment to find out how well you listen. Some of the items describe behaviors that demonstrate effective listening and some that obstruct effective listening. Feeling bold? Ask others to rate you using the same scale.

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

	Rating
1. I give the impression that I am fully listening.	
2. I make the speaker feel as if he or she is the center of the conversation.	
3. I give the speaker plenty of time to talk.	
4. I refrain from interrupting the speaker.	
5. I look at the speaker with encouraging eye contact.	
6. I fidget with objects or otherwise act distracted.	
7. I help keep the speaker on track with paraphrasing.	
8. I probe for deeper understanding.	
9. I finish the speaker's sentences.	
10. I convey an attitude of openness and sincerity.	
11. I put the speaker at ease, encouraging deeper sharing.	
12. I ask questions that open up the discussion.	
13. I ask questions to direct more discussion to a particular point, when helpful.	
14. I ask questions to draw out emotions as much as fact.	
15. I insert humorous remarks even when the speaker is serious.	
16. I sneak a peek at my watch or cell phone.	
17. I smile at the speaker and lean forward to convey interest.	
18. I'm willing to be influenced by what I hear.	
19. I create an atmosphere of trust and connection through listening.	
20. I demonstrate empathy through listening.	

