The Path and Pitfalls of Listening
— A Questionnaire That Rates How Well You Listen to Each Other —

Directions:
Use the rating scale below to identify your strengths and weaknesses. I encourage you to use the results to build on your areas of strength and identify a couple of pitfalls that you wish to work on.

A: Almost Never      B: Sometimes      C: Often      D: Almost Always

_____  1. Pretend to be listening when you are not?
_____  2. Interrupt your spouse?
_____  3. Set aside distractions such as your phone and TV in order to fully listen?
_____  4. Assume you know what your spouse is going to say before he/she finishes?
_____  5. Focus intently on your spouse to understand what he/she is trying to say?
_____  6. Validate your spouse’s thoughts and opinions before expressing your own?
_____  7. Remain calm and not overreact?
_____  8. Get defensive if your spouse expresses disagreement with your opinion?
_____  9. Get defensive if your spouse shares a constructive criticism?
_____10. Ask questions to invite your spouse to express his/her thoughts and opinions?
_____11. Help your spouse to feel you are interested in what he/she has to say?
_____12. Listen for and remember important points?
_____13. Show your spouse that you respect his/her thoughts and opinions?
_____14. You are trying to win a debate rather than truly listen for understanding?
_____15. Rather than listening, you are thinking about what you want to say next?

What I do best at ____________________________________________________________

What I want to improve _____________________________________________________

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