

How Good A Listener Are You? #1

1. Science says you think four times faster than a person usually talks to you. Do you use this excess time to turn your thoughts elsewhere while keeping general track of the conversation?
YES NO
 2. Do you listen primarily for facts, rather than ideas when someone is speaking?
YES NO
 3. Do certain words, phrases or ideas prejudice you against the speaker so that you cannot listen objectively to what is being said?
YES NO
 4. When you are puzzled or annoyed by what someone says, do you try to get the issue straightened out immediately—either in your own mind or by interrupting the speaker?
YES NO
 5. If you feel it would take too much time and effort to understand something, do you go out of your way to avoid hearing about it?
YES NO
 6. Do you deliberately turn your thoughts to other subjects when you believe a speaker will have nothing particularly interesting to say?
YES NO
 7. Can you tell by a person's appearance and delivery that he won't have anything worthwhile to say?
YES NO
 8. When somebody is talking to you, do you try to make him think you're paying attention when you're not?
YES NO
 9. When you're listening to someone, are you easily distracted by outside sights and sounds?
YES NO
 10. If you want to remember what someone is saying, do you think it's a good idea to write it down as he goes along?
YES NO
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If you answer "no" to all of these questions, then you are that rare individual—the perfect listener.

Every "yes" answer means that you are guilty of a specific bad listening habit.

How Good A Listener Are You? #2

These questions are intended to stimulate your thinking about your listening skills. Please check the response which most honestly describes your behavior.

1. Were members of your family good listeners?
YES NO
2. Do you have a tendency to interrupt family/friends when they are speaking?
YES NO
3. Do you tend to tune certain people out—when they are talking to you?
YES NO
4. Do you tune out your children more frequently than you do adults?
YES NO
5. Do you pay more attention to your children when they are bad than when they are good?
YES NO
6. Have you had a lengthy heart-to-heart talk with any of your children in the last six months?
YES NO
7. Have your children had an opportunity to talk with you at any length about themselves or their lives lately?
YES NO
8. Can your children count on your having 15 minutes each day to talk to them without distractions or interruptions?
YES NO
9. Do you usually do other things while “listening” to your children?
YES NO
10. Do you maintain direct eye contact with your children when they speak to you?
YES NO
11. Do you frequently look at your watch when your children are talking?
YES NO
12. Do you listen more carefully to one of your children more than another?
YES NO
13. Have you made an audio or video tape of your interactions with your children—and carefully reviewed it?
YES NO
14. Have your listening skills improved since you were a teenager?
YES NO
15. Would your children agree with your responses to these questions?
YES NO
16. Do your children consider you a “good listener”?
YES NO