

Listening Quiz

Place a check mark in the column that best suits your listening habits. Then add the points and see below for your results.

U (Usually) = 2 Points

S (Sometimes) = 1 Point

N (Not Usually) = 0 Points

U	S	N	
			1. I often paraphrase what I hear to make sure I have heard it correctly.
			2. I refrain from finishing the other person's sentences.
			3. I wait for the speaker to finish before evaluating the meaning of their message.
			4. I listen for feelings as well as subject matter.
			5. I listen even when I am not interested.
			6. I listen for underlying feelings as well as facts.
			7. Normally, I do not fake attention.
			8. I don't judge people for their ideas and feelings.
			9. I provide feedback, by saying "hmmm," "yes," or "I see."
			10. Having the last word is not necessary for me.
			TOTALS

Total Points:

Perfect listener = 20 - 19 points

Good listener = 18 - 16

Average listener = 12 - 15 points

Ouch, let's talk = below 11

WHAT KIND OF LISTENER ARE YOU?

Contact Deb Denis, Executive Coach, to maximize your L.Q.