## LISTENING SELF EVALUATION

1 indicates almost 2 indicates usually 3 indicates someti 4 indicates seldom 5 indicates almost	(71-90% of the mes (31-79% of (11-30% of the	time). the time). time).		
		me a dramatic or hu at happened to me."	morous story abou	t herself or himself, I say,
Almost Always	Usually 2	Sometimes 3	Seldom 4	Almost Never 5
2. I let a lack of org	ganization get in	the way of my listeni	ng.	
Almost Always	Usually 2	Sometimes 3	Seldom 4	Almost Never 5
3. I interrupt if I ha	ve something to	say.		
Almost Always	Usually	Sometimes	Seldom	Almost Never
1	2	3	4	5
	_			, as soon as I realize what I know what is going to be
Almost Always	Usually	Sometimes	Seldom	Almost Never
1	2	3	4	5
	•	g that I believe I know at I believe they have	-	out I'm not really sure, I fail k.
Almost Always	Usually	Sometimes	Seldom	Almost Never
1	2	3	4	5
6. I give little verba	al or nonverbal fe	eedback to the other p	person.	
Almost Always	Usually	Sometimes	Seldom	Almost Never
1	2	3	4	5
7. I pay attention o	nly to the words	and ignore the pitch	and tone being use	d.
Almost Always	Usually	Sometimes	Seldom	Almost Never
1	2	3	4	5
8. I let emotionally	charged words	make me angry and t	herefore block me t	from really listening.
Almost Always	Usually	Sometimes	Seldom	Almost Never
9. If I consider the	2 subject boring,	3 I stop paying attentior	4 n.	5
Almost Always	Usually	Sometimes	Seldom	Almost Never
1	2	3	4	5

she or he says, even if I am not, so I won't look or sound stupid.						
Almost Always	Usually	Sometimes	Seldom	Almost Never		
ı	2	3	4	5		
13. I do not recog	nize when I am to	oo upset or tired to lis	sten.			
Almost Always	Usually	Sometimes	Seldom	Almost Never		
	2	3	4	5		
14. I try to give advice when someone is telling me his or her problem.						
Almost Always	Usually 2	Sometimes 3	Seldom 4	Almost Never 5		
45 \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	_	-		_		
them clarify what			get them out of the	eir feelings rather than help		
Almost Always	Usually	Sometimes	Seldom	Almost Never		
1	2	3	4	5		
16. I am what co	uld be classified	a "polite" listener ra	ther than what wou	uld be called a "congruent"		
listener - someone	e who listens dee	ply to the whole pers	son and whole mess	sage.		
Almost Always	Usually	Sometimes	Seldom	Almost Never		
1	2	3	4	5		
1 17. When I hear s	2 something I disa	3 gree with, I stop liste	4 ning and begin forr	5 mulating in my head what I		
1 17. When I hear s	2 something I disaqute what the othe	3 gree with, I stop liste	4 ning and begin forr	5		
1 17. When I hear s want to say to refu	2 something I disaqute what the othe	3 gree with, I stop liste	4 ning and begin forr	5 mulating in my head what I		
1 17. When I hear swant to say to refunction other person has j	2 something I disagute what the othe just said.	3 gree with, I stop liste r person has said or	4 ning and begin forr I stop listening bec	5 mulating in my head what I ause I am judging what the		
1 17. When I hear s want to say to refunct other person has judgment Always 1	2 something I disagute what the other just said.  Usually 2	3 gree with, I stop liste or person has said or  Sometimes 3	4 ning and begin form I stop listening bec  Seldom 4	5 mulating in my head what I ause I am judging what the  Almost Never 5		
1 17. When I hear swant to say to refuother person has j  Almost Always 1  This survey is based total Listening Self E	2 something I disagute what the other just said.  Usually 2  upon skills needed to Evaluation score. The	3 gree with, I stop liste or person has said or  Sometimes 3 o be a good listener. Add the average score is 61.	4 Ining and begin form I stop listening bec  Seldom 4 I the numbers you assig By itself, your total so	mulating in my head what I ause I am judging what the  Almost Never 5  gned to the 17 items. This is your core is less important than your		
1 17. When I hear s want to say to refu other person has j  Almost Always 1  This survey is based total Listening Self E responses to the indicate in the survey is to the indicate in the survey is t	2 something I disagute what the other just said.  Usually 2  upon skills needed to the street the s	3 gree with, I stop liste or person has said or  Sometimes 3 o be a good listener. Add the average score is 61. It is on which you rated you	4 ning and begin form I stop listening bec  Seldom 4 I the numbers you assigned by itself, your total solurself 1, 2, or 3 indicates	mulating in my head what I ause I am judging what the  Almost Never 5  gned to the 17 items. This is your		
1 17. When I hear s want to say to refu other person has j  Almost Always 1  This survey is based total Listening Self E responses to the indicate in the survey is to the indicate in the survey is t	2 something I disagute what the other just said.  Usually 2 upon skills needed to the server of the	3 gree with, I stop liste or person has said or  Sometimes 3 o be a good listener. Add the average score is 61. It is on which you rated you	4 ning and begin form I stop listening bec  Seldom 4 I the numbers you assigned by itself, your total solurself 1, 2, or 3 indicates	mulating in my head what I ause I am judging what the  Almost Never 5  gned to the 17 items. This is your core is less important than your ate areas in which you need to		
1 17. When I hear s want to say to refu other person has j  Almost Always 1  This survey is based total Listening Self E responses to the incimprove. Bear in min how you really behave You can double check.	2 something I disagute what the other just said.  Usually 2 upon skills needed to the server of the	gree with, I stop lister person has said or  Sometimes 3  to be a good listener. Add the average score is 61. If you rated you from unaware of their true.	Aning and begin form I stop listening becomes 4  I the numbers you assign by itself, your total so ourself 1, 2, or 3 indicate listening behaviors and	mulating in my head what I ause I am judging what the  Almost Never 5  gned to the 17 items. This is your core is less important than your ate areas in which you need to		
1 17. When I hear swant to say to refunct to say to refunct the person has justified a survey is based total Listening Self Expression to the inclimation of the person of o	2 something I disagute what the other just said.  Usually 2 upon skills needed to the server of the	gree with, I stop lister person has said or  Sometimes 3  to be a good listener. Add the average score is 61. If you rated you from unaware of their true.	Aning and begin form I stop listening becomes 4  I the numbers you assign by itself, your total so ourself 1, 2, or 3 indicate listening behaviors and	mulating in my head what I ause I am judging what the  Almost Never 5  gned to the 17 items. This is your core is less important than your ate areas in which you need to and your answers may not reflect		
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1 17. When I hear swant to say to refuother person has justically almost Always 1 This survey is based total Listening Self Eresponses to the incimprove. Bear in minhow you really behave You can double check behavior - not his or hear to say the say to say the s	Something I disagnte what the other just said.  Usually 2  upon skills needed to Evaluation score. The lividual items. Items of that people are of the people are own.	gree with, I stop lister person has said or  Sometimes 3  o be a good listener. Add the average score is 61. If you rated you feel unaware of their true thaving some with whom war, L. (1997) Connecting: Additional contents of the contents	Aning and begin form I stop listening becomed 4  If the numbers you assign By itself, your total so ourself 1, 2, or 3 indicate listening behaviors and you interact regularly firms.	mulating in my head what I ause I am judging what the  Almost Never 5  gned to the 17 items. This is your core is less important than your ate areas in which you need to and your answers may not reflect		

Seldom

Seldom

4

4

Almost Never

5

Almost Never

5

10. I criticize the other person's delivery or mannerisms.

3

Sometimes

3

12. When someone is explaining something technical or complicated, I act as if I am following what

Usually

2

11. I let distractions interfere with my concentration.

Usually

2

Almost Always

1

Almost Always

1