

How's Your Listening? Take 5 minutes to find out...

Listening well is the key to great conversations and great relationships. But listening is also one of the hardest things to do. Take this quick quiz to learn more about yourself as a listener.

In conversations how often do you:

- 1 = Never
- 2 = Sometimes
- 3 = Most of the time
- 4 = Always

1. Experience genuine curiosity while listening?	1	2	3	4
2. Pause after the other person speaks before you speak?	1	2	3	4
3. Ask a question after listening?				1 2 3 4
4. Listen for what the other person is feeling?				1 2 3 4
5. Express appreciation for what the other person said?				1 2 3 4
6. Thank someone for telling you something that required risk-taking?	1	2	3	4
7. Learn something?				1 2 3 4
8. Leave a conversation with new questions?				1 2 3 4
9. Leave a conversation with changes in how you think?				1 2 3 4
10. Leave feeling good about yourself, the other person & the relationship?	1	2	3	4

How's your score??

10-15 Now's the time to develop this important relationship skill.

16-25 Pretty good. How can you improve?

26-35 Nice! Your partner is very fortunate.

36-40 Amazing!