



Active listening self-assessment tool

How do you measure up as a listener? When you are listening to others, how often do you...?	1	2	3
Do most of the talking?			
Get impatient or interrupt?			
Start arguing before the person has finished?			
Switch off if you feel they are not listening to you, or they don't agree with you?			
Judge other people's messages/view/opinion as 'valid' or not?			
Switch off early and fake attention?			
Listen for facts and miss the ideas?			
Avoid giving non-verbal feedback?			
Get easily distracted by the emotional language?			
Allow yourself to be distracted by appearance, personality or voice/accent?			

1 = seldom or never, 2 = sometimes, 3 = quite often

What makes a good listener?

Identify five people you talk to often and indicate how you think they would rate you as a listener.

1 = poor, 5 = excellent.

Name	Relationship	1	2	3	4	5