

# Listening Awareness Inventory

*See how effective you think you are in practicing good listening techniques by answering these questions:  
Be ruthlessly honest with yourself!*

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	<b>Almost Always</b>	<b>Usually</b>	<b>Seldom</b>	<b>Never</b>
<b>1. Do you let people finish what they are trying to say before you speak?</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>2. If the person hesitates, do you try to encourage him/her...rather than start your reply?</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>3. Do you withhold judgement about a person's idea until he/she has finished?</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>4. Can you listen fully even though you think you know what he/she is about to say?</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>5. Can you listen non-judgementally even if you do not like the person who's talking?</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>6. Do you stop what you're doing and give full attention when listening?</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>7. Do you give the person appropriate eye contact, head nods, and non-verbals to indicate that you are listening?</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>8. Do you listen fully regardless of the speaker's manner of speaking (i.e., grammar accent, choice of words)?</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>9. Do you question the person to clarify his/her ideas more fully?</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>10. Do you restate/paraphrase what's said and ask if you got it right?</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

**Total Score** \_\_\_\_\_