You may THINK you are an excellent listener. Are you? To test your listening skills, take the following self-assessment quiz.

When I am on the phone with someone, it is fine to respond to e-mails and text messages at the same time if I am listening.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

When listening to another person, I start to get upset and react emotionally.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

I feel uncomfortable with silence during conversations.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

If I have a relevant story to share, I will interrupt the other person to tell it and then get back to letting them talk.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

People seem to get upset during some conversations with me and it seems to come out of nowhere.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

To keep the conversation flowing, I ask questions that can be answered with a simple “yes” or “no” response.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

I play “devil’s advocate” to help the other person see a different side of what they are saying.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

If someone wants to talk about something repeatedly, I will just tell them what they want to hear to get them to stop.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

As I listen, I am figuring out what I am going to say back to the other person.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

 I am uncomfortable when people talk to me about sensitive subjects.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

If another person has a different view on something I feel strongly about, I do not want to talk about it.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

I do not really pay much attention to things like the environment of the conversation or body language. What matters is what the other person is saying.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

If the other person is struggling to say something, I will fill in with my own suggestions.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

If I am interrupted from doing something when someone wants to talk, I feel impatient for them to finish so I can get back to what I was doing.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Rarely | Sometimes | Often | Very often |

**To determine your score, give yourself the following points for each answer:**

Not at all = 1 point - Rarely = 2 points - Sometimes = 3 points - Often = 4 points

Very often= 5 points

**Score Interpretation**

14–29: Gold Medallist: You have got terrific listening skills already. You have got the ability to make people feel heard and want to talk to you. You are emotionally present and give people your full attention. Strive to continue to grow and evolve.

30–49: Silver Medallist: People enjoy talking to you, but sometimes if subjects get too emotional or uncomfortable, you tend to change the subject or make a joke.

50–70: Bronze Medallist: If you scored in this category, you might think you are a better listener. You might be giving people the feeling that you do not care about what they are saying, or you might have frequent misunderstandings.