



Check Out Your Listening



How's your listening? Use this quiz for a quick self-check. Check each statement that applies to you.

When I listen...

- I make eye contact with the person who is speaking.
- I wait until the other person is finished before I start talking.
- I focus on what the speaker is saying instead of just thinking about what I'm going to say next.
- I hear the speaker out even if I don't agree with what I'm hearing.
- I don't hijack the conversation and make it about me.
- I care about what the other person has to say.
- I try to understand what the other person believes, feels, and wants.
- If there's a conflict, I listen to the other person's side of the story.
- I think it's important for people to listen to each other.

