

Listening Quiz



Ask one of your direct reports, your boss, or anyone with whom you communicate to honestly respond yes or no to these 10 questions. Be open to the feedback you get.

| | YES | NO |
|---|-----|----|
| 1. During the past few weeks, can you recall a time where you thought I wasn't listening to you? | | |
| 2. When you are talking to me, does my interaction with you make you feel stressed? | | |
| 3. When you talk to me, do I tend to lose eye contact with you? | | |
| 4. Do I ever get defensive when you tell me things I disagree with? | | |
| 5. When talking to me, does the conversation often end without me asking questions to clarify what you've said? | | |
| 6. In a conversation, do I sometimes overreact to information? | | |
| 7. Do I ever jump in to finish what you're saying? | | |
| 8. Is it common that I don't change my opinion after talking something over with you? | | |
| 9. When you are trying to communicate something to me, do I often talk too much? | | |
| 10. When you talk to me, do I ever seem distracted? | | |



Reflect on your "yes" answers and think about which one or two, if implemented well, would have the greatest positive impact to help you listen even better?