



Quick to Listen

LISTENING TEST

listening test at right excerpted from
The Emotionally Healthy Church

by Peter Scazzero & Warren Bird
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Read the statements below. Place a check mark next to all of the statements you can affirm.

- I make a great effort to enter other people's experience of life.
- I do not presume to know what the other person is trying to communicate.
- My close friends would say I listen more than I speak,
- When people are angry with me, I am able to listen to their side without getting upset.
- People share freely with me because they know I listen well.
- I listen not only to what people say but also for their nonverbal cues, body language, tone of voice, and the like.
- I give people my undivided attention when they are talking to me.
- I am able to reflect back and validate another person's feelings with empathy.
- I am aware of my primary defensive mechanisms when I am under stress, such as placating, blaming, problem-solving prematurely, or becoming distracted.
- I am aware of how the family in which I was raised has influenced my present listening style.
- I ask for clarification when I am not clear on something another person is saying rather than attempt to fill in the blanks.
- I never assume something, especially negative, unless it is clearly stated by the person speaking.
- I ask questions when listening rather than mind read or make assumptions.
- I don't interrupt or listen for openings to get my point across when another is speaking.
- I am aware when I am listening of my own personal "hot buttons" that cause me to get angry, upset, fearful, or nervous.

*If you checked **12 or more**, you are an outstanding listener; **8-11**, very good; **5-7**, good; **4 or fewer**, poor - "you are in trouble." If you want to be really brave, ask your spouse or closest friend to rate you as a listener.*