



Listening Skills - Self Evaluation Guide

ARE YOU A GOOD LISTENER?	YES	NO
I am easily distracted when talking to people.		
I try to avoid topics, which may cause a conflict.		
I try to avoid topics, which are difficult or challenging.		
I am easily bored when speaking with people.		
My mind wanders when talking to slow speakers.		
I listen only for the facts.		
I sometimes need to fake my interest in the speaker or topic		
I often find myself in an argument when talking with people.		
I loose interest when the subject is dry or boring.		
I take lots of notes when people are speaking.		
I take notice of the speaker's body language.		
I turn off if the speaker has a poor style.		
I often judge a speakers views or opinions.		
I react to the words that a speakers uses.		
I sometimes interrupt a speaker to clarify a point.		
I often think of my reply whilst listening to the speaker.		

Results

If you answered **Yes** to a majority of the questions then you need to do some more work on developing or enhancing your listening skills.

If you answered **NO** to a majority of the questions then generally your listening skills are good but some areas may require refinement or development