
FREE QUIZ

10 Questions

TO KNOW IF
YOU'RE

REALLY

A GOOD
LISTENER



THE POWER OF LISTENING:

TAKE YOUR COMMUNICATION TO THE NEXT LEVEL

The #1 request I've gotten over the past 15 years that I've been coaching women and couples is the same: "Help us to communicate better!"

They know that communication is the foundation of every relationship. When you learn how to communicate better, your relationship deepens. However, if you don't know how to communicate well, you miss out on what you desire the most - connection.

We've likely all heard that listening is important...

Then why is it so hard? How come we don't love to listen to other people... especially the ones we care about the most?

Listening Means Giving Up Control...

One of the reasons is that listening means giving up control of the conversation. This is SO hard because sometimes it means we might hear things we don't want to hear... things about ourselves or about the situation. However, when we don't listen, we miss out on hearing the other person's heart.

Listening Is A Skill We Need To Practice...

Another reason could be that we simply don't know *how* to listen. Like anything else, listening is a skill we need to practice to get better.

Listening As A Mindset...

And one of the shifts I want to encourage you to begin making as you go through this quiz is to think about listening as a mindset.

I've found that there are **10 key aspects** that will determine how good your listening skills are. This quiz will help you to discover what you're doing well as a listener and what you can work on.

Take the quiz below to find out how well you *really* listen...

"When I listen first and hear my husband, we can work together to meet each other's needs."

- Ann



Quiz

INSTRUCTIONS

1. print off quiz or use an online pdf editor application to edit.
2. read through each question and check "yes" or "no".

#1. Do I usually look at the speaker while she's talking?

YES
NO

When you're not looking at the speaker or you're distracted, the message you send is that you're not interested in what she has to say. The speaker wants your undivided attention and to know that you're engaged with what she's saying.

#2. Do I wait for the speaker to finish talking before I respond?

YES
NO

If you interrupt the speaker, he can lose his train of thought. When you don't wait and listen, you'll miss "the gold"... the true meaning behind what he's trying to say.

#3. Do I listen for the message between the lines?

YES
NO

Listen for the feelings, concerns and desires in what the speaker's saying. Dig for the gold because when you're fighting, it's about something important. For example: Fighting about dirty dishes could really be about... "Do you care about me? I'm really overwhelmed right now."

#4. Do I focus on the speaker?

YES
NO

Often times this means looking at her while she's talking and not multitasking while listening. Focusing on the speaker also means putting your own opinions aside for a bit. As the listener, your job is to listen, understand the message and hear the speaker's heart.

#5. Do I make it a practice to check my emotions?

YES
NO

When your emotions are ruling the conversation, you can't listen to the speaker's heart. If you're upset, give yourself 15-20 minutes to calm down (let the cortisol drop), so you can be present and hear her heart.



#6. Do I ask questions for clarity?

YES

NO

Asking questions without being defensive shows the speaker that you're in this with him. He knows that you care, that you're hearing him and that you want to know him more. Your curiosity opens him up to feel safe to share what he's really thinking.

#7. Do I practice summing up what the speaker says at major intervals?

YES

NO

Check in to make sure you're truly hearing what you think you're hearing. It also gives the speaker the opportunity to hear what she's saying. Sometimes the speaker is surprised by what came out of her mouth - this gives her new awareness.

#8. Do I regularly suspend my judgement to get the whole story?

YES

NO

Make the assumption that you have something to learn and you don't know what your partner will say. Suspend judgement long enough to hear the speaker's heart. As soon as he feels judged, the conversation is over and you'll miss out on connection.

#9. Do I avoid becoming agitated when I don't agree with the speaker?

YES

NO

If you get agitated when you don't agree, you're focused on the need to be right and that doesn't help you to connect. If you're listening, the conversation isn't about you... it's about hearing the other person's heart.

#10. Do I sit with the speaker when he's in pain without trying to fix it ?

YES

NO

If you're trying to fix his pain, the speaker may feel like you're just trying to make him go away. Remember that it's okay for someone to be in pain. The power of being present with others without fixing it while they're in pain is the power of connection.



Scoring

Tally up your total score out of ten and look at the results below to see how good of a listener you are.

SCORING CHART

My Total Score =

0 - 4 = Lots of room to grow!

Listening Tip: Focus on increasing the number of yeses by practicing a different number each week.

5 - 7 = On your way to becoming a great listener!

Listening Tip: Practice suspending your judgement until you hear the whole story.

8 - 10 = A great listener!

Listening Tip: There's always more to learn. Choose the number you struggle with the most and practice that this week.

BONUS LISTENING TIP # 1: SCHEDULE A LISTENING MOMENT

Sit down today with an important person in your life and spend an hour together just communicating. Give that person your undivided attention and spend more time listening than talking.

BONUS LISTENING TIP # 2: TAKE YOUR LISTENING TO THE NEXT LEVEL

Take this honest assessment to the next level - after you've finished doing the quiz on your own, find someone who knows you well and ask them to use the quiz to evaluate your listening skills.

WANT MORE?

If you want to learn more about how you can become a better communicator or deepen your relationship, click below to read why our need to be right hurts our relationships.

[READ ARTICLE](#)

