

## ***Core Capabilities Learning Strand – Listening Self-Assessment [1]***

**Questionnaire** Don't spend too much time thinking about what you feel you *ought* to write. Write whatever happens to come first into your mind. Don't worry if you can't complete every sentence.

1. I'm quite happy to listen to somebody when ...
2. I tend to feel friendly towards speakers who ...
3. I don't like speakers who ...
4. When I look at myself critically as a listener ...
5. Irritating habits I find it hard to accept in a speaker include ...
6. Subjects I find it a little embarrassing to listen to include ...
7. I can get quite 'anti' when someone is talking about ...
8. As a listener, I get a bit nervous when ...
9. I get a lot of pleasure out of listening to someone talk about ...

10. A speaker gains my respect by ...

11. I tend to concentrate on what someone is saying if ...

12. If I can't put my 'two penn'orth' into a conversation, I feel ...

13. I find it rather difficult to listen to someone who is talking about ...

14. As a listener, I can get quite annoyed with myself when ...

15. Interrupting to ask questions when a person is speaking is ...

16. When I'm listening to someone speaking, I usually find myself spending most of the time ...

17. When someone is talking, I think it is rude to ...

18. To become a better listener, I feel I ought to ...

Continued ...

Reflect on your responses. What conclusions do you draw about yourself as a listener?

Your Self-Score for listening? Be tough on yourself! /10

Peter Lenney - Mindful Manager - Peter Lenney