

Listening Self-Survey

LEVEL OF PROFICIENCY	To what extent am I fully present in the conversation?	To what extent do I take in information without over-analyzing or judging?	To what extent do I demonstrate a belief in others' creative thinking?
1 Internal	I'm listening to the words of the other person more with a focus on what it means for me.	Assessments, judgments, discernment and analysis are going on in my head as I'm listening.	What is said challenges my own thinking and clarity. As others speak, I am wondering what to say next. I often feel like I have the "right" answer.
2 Focused	I'm being fully present (without distraction) in an empathic, caring and supportive way.	My attention is on the other person – being more open and intuitive.	I'm being reflective about what is seen and heard, feeling less reactive and more at ease in my thinking (even if I may not agree with what is being said).
3 Expansive	I'm listening to truly understand what the other person is saying – what is behind the words (values, qualities).	I'm listening without feeling the need to act or provide answers. I am believing in their ability to think and arrive at solutions.	I'm noticing whatever there is to be noticed and offering it to the other person without attachment. I'm always listening for opportunities to help someone get what they want.