

LISTEN

Do you listen to understand? To empathize? To appreciate? Or do you listen to respond? Take our questionnaire to assess your listening skills. Are you a good listener? Or is there room for improvement?

Instructions: For each question, choose the option that best represents your usual behavior or approach to listening. Each question has multiple answer options, and you can score based on how you feel the response aligns with your typical behavior.

1. When someone starts talking, how often do I jump in with my opinion before they finish?
A) Almost always
B) Sometimes
C) Rarely
D) Never
2. Do I check my phone, open emails, or multitask when someone is talking to me?
A) Often
B) Occasionally
C) Rarely
D) Never
3. While listening, how focused is my mind on the person speaking, not on my own thoughts?
A) I mostly listen when it interests me
B) I'm half-listening while forming my response
C) I stay focused but can get distracted
D) I'm fully present and focused on them
4. Do I ask follow-up questions to show interest or clarify what they're saying?
A) Not really
B) Sometimes
C) Often
D) Always
5. When listening, do I try to pick up on how the person feels, not just what they're saying?
A) I rarely notice their emotions
B) I notice but don't focus on it
C) I try to read between the lines
D) I actively tune into their emotions
6. How often do I assume I know what they're going to say and stop paying attention?
A) A lot
B) Sometimes
C) Occasionally
D) I let them finish fully before evaluating
7. When someone's speaking, how often do I cut them off or finish their sentence?
A) Often
B) Sometimes
C) Rarely
D) Almost never
8. Do I make eye contact to show that I'm paying attention?
A) It's not something I do
B) Occasionally
C) Usually
D) Always
9. While someone's talking, do I plan my reply before they've finished?
A) All the time
B) Sometimes
C) I try not to
D) I wait until they're done
10. Do I try to sense what they *aren't* saying – like hidden worries or feelings?
A) I don't usually notice that stuff
B) Rarely
C) Sometimes
D) Almost always
11. If someone disagrees with me, how do I usually respond?
A) I shut down and stop listening
B) I listen but stay stuck in my view
C) I try to understand them
D) I listen fully before responding
12. Do I ever say something like, "So what you're saying is..." to confirm I understood?
A) Never
B) Sometimes
C) Often
D) Almost always
13. When someone shares a different opinion, how seriously do I consider it?
A) I don't, I already know I'm right
B) I mostly stick to my views
C) I try to understand where they're coming from
D) I fully consider their perspective
14. How often do I listen just to listen not to fix, judge, or respond?
A) Almost never
B) Rarely
C) Sometimes
D) Often
15. After a conversation, how often do people tell me "Thanks for listening"?
A) Almost never
B) Occasionally
C) Sometimes
D) Often

Disclaimer: This questionnaire is for self reflection purposes only. It does not measure an individual's skill or ability on any quantifiable scale. Please do not use as a decision-making tool.

Score Key:

Assign points to each response. Then total your score.
A = 1 point | B = 2 points | C = 3 points | D = 4 points

Results:

15-26 points - Needs Improvement - You may be hearing more than truly listening. You may interrupt, get distracted, or focus on yourself in conversations. Practice active listening with curiosity and care.

27-44 points - Moderate Listening Skills - You're doing fairly well, but there's room to grow. Try to be more present, ask more questions, and really tune into what people are saying and feeling.

45-60 points - Good Listener - You're a thoughtful and attentive listener. People likely feel seen and heard by you. Keep refining your listening skills and presence – you're already doing great.

