



Barriers to Good Listening: Self Assessment

Review each item and rate your listening.

Do you...	0 Not sure	1 Often	2 Sometimes	3 Never
1. Fake attention?				
2. Multi-task during listening?				
3. Become easily distracted?				
4. Become emotional or argumentative?				
5. Judge speaker's message or delivery?				
6. Tune out if dry or uninteresting?				
7. Listen just for facts?				
8. Interrupt to insert your point of view?				
9. Listen mainly to find your own opening?				
10. Run through a rebuttal in your head?				

If you gave yourself a few 0s, pay more attention to how you listen. If you scored in the 1s and 2s, create a game plan to become a more active listener.