

## Listening Skills Self-Assessment

Rate yourself using the following scale:

**O** = Often

**S** = Sometimes

**R** = Rarely

Question	Rating
1. I find myself preparing my response when others are talking to me.	
2. When people speak too slowly, I've been known to finish their sentences for them.	
3. I tend to fidget or get a little bored when the issue is too easy to fix or understand.	
4. I can sometimes "drift off" when I am not interested in the subject being spoken of.	
5. I can sometimes interrupt when I know the answer to the question or problem being discussed.	
6. I can complete other tasks while talking on the phone.	
7. I feel uncomfortable paraphrasing what someone else has said.	
8. I think about losing the thread of the discussion when a person takes too long to get to their point.	
9. It is difficult for me to listen to a concern or problem when I know the speaker has the wrong information.	