

Listening Self-Assessment: How Well Am I Doing?

Am I:

- * Curious?
- * Respectful?
- * Developing trust?
- * Not interrupting?
- * Clear on the conversation's purpose?
- * Ready to take a break when needed?
- * Aware of my tone and body language?
- * Ensuring others feel safe to speak their mind?
- * Committed to the success of the relationship?

Great 

Good 

Ok 

Poor 

Bad 