PARENTS LETTING GO

How Well Do You Listen?

Rate your listening skills from 0-10 on the following items: ten being the highest rating you can give yourself and 1 being the lowest. The highest score possible is 100. If you get that score you can earn a "pass" on this section. If you are brave enough for a reality check, ask your spouse, a friend, or your young adult to rate your listening skills.

0	5	10
Not at all true	Somewhat true	Completely true

_____ 1. I never interrupt someone when they are speaking.
_____ 2. I never think about what I'm going to say next when listening to someone.
_____ 3. I never finish another's sentence.
_____ 4. I maintain eye contact and don't allow interruptions such as phone calls, checking my cell phone, or other parties interrupting the conversation.
_____ 5. I routinely describe what I hear the other person saying to ensure I understood them.
_____ 6. I ensure that we finish an important conversation and, if we can't, propose another time to come back to it.
_____ 7. I never try to fix or tell the listener what to do rather than seek understanding or allow them to come up with a solution.
_____ 8. I listen not only to the content of the communication but also to the emotion that is communicated through tone, words, or body language.
_____ 9. I ask for clarification if I'm not sure I understand what the other person is saying.
_____10. I listen to understand and not judge.

Total Score:_____

How did you do? Circle some skills you may need to practice.

To learn more about how to understand and connect to your young adult, consider ordering – *Can You Speak Millennial"ese?"* available at parentslettinggo.com