



7. I try to communicate my understanding of what the other has said before stating my point of view (vs. failing to acknowledge what the other has said and simply stating my own point of view)

rarely most of the time

8. Even when I disagree, I try to reflect back my understanding of their position. (vs. failing to acknowledge any validity in the other's point of view)

rarely most of the time

9. People tend to come to me with their feelings and concerns because I listen well

rarely most of the time

Reflective questions

1. What are your strengths as a listener?

2. In what areas could you use improvement?

3. What benefits do you see in improving your listening skills?

4. What listening skills, if any, are you committed to practising and improving?