

## Listening Assessment

Rate yourself on each of the following behaviors using this 5-point scale:

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Almost Never	Rarely	Sometimes	Often	Almost Always

### In my practice of Spiritual Direction:

\_\_\_ I sit behind a desk, accept phone calls, shuffle papers or otherwise communicate that I am not fully attentive.

\_\_\_ I have a hard time concentrating on what my directee is saying.

\_\_\_ I feel annoyed when my directee slows my agenda down.

\_\_\_ I concentrate on what I want to say next rather than what my directee is saying.

\_\_\_ I don't like it when my directee questions my ideas.

\_\_\_ I become impatient or even interrupt my directee if they talk too long.

\_\_\_ I give advice quickly and suggest quick solutions before a directee has fully explained their perspective.

\_\_\_ I tell directees that they should not feel the way they do.

\_\_\_ I sense directees are uneasy after talking with me.

\_\_\_ I always try to be sure I talk more than my directee so that they get their money's worth from each session.

\_\_\_ I make a point to fill all periods of silence.

\_\_\_ I become uncomfortable when my directee expresses emotion.

\_\_\_ I have a hard time what my directees are trying to say.

\_\_\_ I avoid asking questions that would encourage a directee to talk more.

\_\_\_\_ I stick to simple questions for which there is a clear answer.

\_\_\_\_ I am most happy with yes and no answers.

\_\_\_\_ I find myself losing track of where a conversation is going.

\_\_\_\_ I have a hard time remembering what has been said once a conversation is over.

\_\_\_\_ I frequently discover that my directees do not follow through on the ideas we come up with for their spiritual growth.

\_\_\_\_ I avoid repeating things in any session either by a directee or by myself.

Adapted from Active Listening. *The Center for Creative Leadership*