

LISTENING

- ARE YOU A PATIENT & INTERESTED LISTENER?
- DO YOU ENJOY TALKING MORE THAN LISTENING? WHICH ARE YOU BETTER AT?
- IN A GROUP SETTING DO YOU LISTEN AND ALLOW EVERYONE TO SHARE OR DOMINATE & INTERRUPT WHENEVER YOU FEEL BECAUSE YOU BELIEVE WHAT YOU ARE SAYING IS MORE CORRECT OR IMPORTANT?
- HOW COULD YOU BECOME A BETTER LISTENER?
- HOW ABLE ARE YOU TO LISTEN TO A LOVED ONE WHEN YOU ARE BUSY, TIRED OR NOT INTERESTED IN THE SUBJECT?
- DO YOU BELIEVE THAT THE MOST OBSCENE THING TO SAY TO SOMEONE IS "SHUT UP"?
- DO YOU LOOK SOMEONE IN THE EYE WHEN YOU'RE LISTENING?
- DO YOU WONDER HOW MUCH TIME IS GOING BY WHEN SOMEONE IS SPEAKING TO YOU?
- WHEN OTHERS ARE SPEAKING TO YOU DO YOU REALLY LISTEN OR DO YOU TEND TO BE THINKING OF WHAT YOU'LL SAY NEXT?
- WHEN OTHERS ARE SPEAKING TO YOU DO YOU FEEL TRAPPED?
- WHEN OTHERS ARE SPEAKING TO YOU DO YOU WONDER WHAT THE PERSON IS THINKING OF YOU?
- DO YOU ASK PEOPLE WHAT THEY MEAN OR TRY TO READ THEIR MIND?
- DO YOU EVER GET DISTRACTED WHEN SOMEONE IS TALKING TO YOU? IF SO WHAT TENDS TO DISTRACT YOUR ATTENTION?-THEIR LOOKS?, YOUR THOUGHTS? THINGS AROUND YOU?-
- WHEN OTHERS ARE SPEAKING TO YOU DO YOU FEEL HAPPY THEY ARE SHARING WITH YOU?
- WHEN OTHERS ARE SPEAKING TO YOU DO YOU KEEP STICKING IN YOUR OWN COMMENTS?
- WHEN OTHERS ARE SPEAKING TO YOU DO YOU LOSE YOURSELF & COMPLETELY FOCUS ON THEM?
- WHEN OTHERS ARE SPEAKING TO YOU DO YOU USUALLY FEEL BORED?
- WHEN OTHERS ARE SPEAKING TO YOU DO YOU WONDER HOW MANY OTHER PEOPLE THEY HAVE TOLD THIS TO OR ARE YOU THE ONLY ONE?
- WHEN OTHERS ARE SPEAKING TO YOU DO YOU OFTEN WISH YOU WERE TALKING WITH SOMEONE ELSE?
- WHEN OTHERS ARE SPEAKING TO YOU DO YOU GIVE THEM YOUR UNDIVIDED ATTENTION?
- DO YOU REMEMBER THINGS PEOPLE TELL YOU IN CONVERSATIONS?