

ANALY

ARE YOU A GOOD LISTENER ?

- * Are you eager to learn about other person, places and things?
- * Can you put yourself in the other person's shoes?
- * Do you tune in on the speaker's feelings as well as the words being spoken?
- * Do you try to overcome your own emotional attitudes and prejudgements?
- * Do you work to identify the main ideas, attitudes and feelings being communicated?
- * Do you avoid interrupting? Especially, do you curb the impulse to complete the other person's sentences?
- * Do you ever ask for "feedback" on how people rate you as a listener?
- * Do you consciously practice listening skills?
- * In short, do you listen to others as you would like to be listened to?