

My father (mother) shows he (she) is not listening to me by (check one or more):

looking away.
yawning.
interrupting.
saying no before I have even asked to do something.

My father (mother) shows he (she) is listening to me by (check one or more):

stopping what he (she) is doing.
looking at me.
asking questions about what I am saying.
smiling, nodding, as I talk.

I find it difficult to listen to others when (check one or more):

I am angry.
the other person is hostile.
I am busy.
I want to say something.
I think I know what the person is going to say.
I do not agree with what the person is saying.
I just do not want to listen.

The person who listens to me best is _____

The person I listen to best is _____

Have I ever sided with someone on an issue without really listening to the person? If so, when? What might have been my motive for siding with the person?

When was the last time I was at least partly responsible for my parent(s) failing to really listen to me? In what way was I responsible?

When was the last time I failed to listen because of the "I've-heard-that-song-before" attitude? How did I react the last time someone did that to me?

Have I noticed myself, anytime recently, listening to someone with my "answer running"? What was the great idea I was just dying to express? What effect did it have on our conversation?

The last time I had an argument, what was I trying to get the other person to agree to? What point was the other person trying to make?