

Survey -- How Would You Rank Me as a Listener?

I am seeking to improve my listening skills because I deeply value my relationship with you. Would you take a few moments to answer these questions? Check the box of the answer that best fits. Please give me honest feedback.

	Rarely	Sometimes	Often
1. I am guilty of interrupting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am present when you talk -- not texting, checking email, or looking at social media.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I dive in with my own story or experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I give unsolicited advice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I validate your feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My body language invites you to tell me more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I seem defensive when my opinions are challenged.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. When you communicate with me, you feel hurried.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. When we disagree, I offer understanding.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. You feel safe to share your feelings with me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>