

Could You Have A Listening Deficit?

	✓YES	✓NO	✓NOT SURE
Do you often find yourself finishing other’s sentences?			
Do you find yourself listening to “do something?”			
Do you find yourself saying “Uh huh” being preoccupied and multi-tasking while others are talking?			
Do you get defensive and prepare your counterpoints while the speaker is still talking?			
Is it hard to put yourself in the shoes of the speaker and listen from <i>their</i> point of view?			
Do you get impatient when the speaker talks more slowly and deliberately than you do? Do you hear yourself thinking, “Get to the point.”			
When listening to someone who is long winded, is it hard to summarize key points because you space out, get confused or become overloaded?			
Can you consistently paraphrase, so that you hear from the speaker “Exactly, you nailed it!”			
Do pauses and silence make you uncomfortable?			
Are you aware of your own internal voices or “filters”, i.e. projections, biases and preconceptions?			
Do you hear your own voice more often than others?			
Are you quick to react when you disagree with the speaker?			
Is listening a critically important competency for success in your work?			

If you answered "yes" to 3 or more of the above questions, you would benefit from support to become a better listener. **Contact Denise for a complimentary Strategy Session.**