

Do You Default to Advice-Giving?: Self-Assessment Quiz

**Instructions:**

For each statement, rate how often it applies to you:

1 = Rarely

2 = Sometimes

3 = Often

4 = Almost Always

Statement	Rating
Section 1: Advice-Giving Tendencies	
I feel a strong urge to offer advice when someone shares a problem	
I assume I understand the issue before hearing the full story	
I jump in with suggestions before asking questions	
I feel uncomfortable if I don't provide a solution	
I interrupt or mentally prepare my advice while someone is speaking	
TOTAL SCORE	
Section 2: The Impact of My Advice	
I notice people nod but rarely act on the advice I give	
I sometimes feel frustrated when others don't take my advice	
I feel responsible for solving others' problems	
I've received feedback that I'm "always trying to fix things"	
I get drained from always needing to have the answers	
TOTAL SCORE	

Section 3: Curiosity & Listening Skills

I regularly ask open-ended questions during conversations	
I try to understand the full context before responding	
I resist the urge to give advice unless asked directly	
I encourage others to explore their own solutions	
I value curiosity more than quick fixes	
TOTAL SCORE	

How to Interpret Your Results

Section 1: Advice-Giving Tendencies

5–10: You rarely default to advice-giving—great job holding space!

11–15: You're aware, but your advice monster still pops up.

16–20: Your advice monster may be running the show—try staying curious longer.

Section 2: The Impact of My Advice

5–10: You're tuned in to how your words land—keep it up.

11–15: You've seen some mixed results—there's room to grow.

16–20: Your advice may be unintentionally disempowering others—pause and reflect.

Section 3: Curiosity & Listening Skills

5–10: Time to strengthen your listening and questioning muscles.

11–15: You're developing strong curiosity habits—keep practicing!

16–20: You're a deep listener and a powerful question-asker—your advice monster is well-tamed.