

# How Well Do You Listen: Self-Assessment Quiz



## Instructions:

Rate each statement from 1 to 5, where:

- 1 = Rarely
- 2 = Occasionally
- 3 = Sometimes
- 4 = Often
- 5 = Almost Always

Statement	Rating
<b>Part 1: Listening Habits</b>	
I give my full attention to the speaker without checking my phone, thinking ahead, or multitasking.	
I wait until someone finishes speaking before I respond.	
I reflect back or summarize what I heard to check for understanding.	
I listen with curiosity rather than judgment.	
I allow pauses and silence in conversations instead of rushing to fill the space.	
<b>Part 2: Emotional Presence</b>	
I try to understand the feelings behind someone's words, not just the content.	
I resist the urge to offer advice unless it's asked for.	
I ask open-ended questions to invite the other person to go deeper.	
I stay present even when the topic is difficult, emotional, or unfamiliar.	
I make the other person feel seen, heard, and valued during our conversations.	
<b>TOTAL SCORE</b>	

# Scoring and Reflection

## Scoring

**41–50:** ● *Active Listening Pro* – You're a strong, present listener who creates space for meaningful conversations. Keep going!

**31–40:** ● *Good Listener, Great Potential* – You've built solid habits but have room to deepen your listening presence.

**21–30:** ● *On the Path* – You're aware of the importance of listening but may be missing key practices.

**Below 20:** ● *Room to Grow* – Listening is a skill, and the good news is: it's one you can absolutely strengthen.

## Reflection Questions

- What surprised you about your results?
- What's one listening habit you want to strengthen this week?
- How might your relationships shift if you improved your listening skills?