

Listening Habits and Patterns

	Never	Always	Sometimes
Science says you think four times faster than the rate at which a person usually talks to you. Do you use this excess time to turn your thoughts elsewhere while you generally keep track of the conversation?			
When someone is talking to you, do you try to make him/her think you are paying attention when you are not?			
When you are listening to someone, are you easily distracted by outside sights and sounds?			
Do certain words, phrases, or ideas so prejudice you against the speaker that you cannot listen objectively to what is being said?			
Do you deliberately turn your thoughts to other subjects when you believe a speaker will have nothing particularly interesting to say?			
Can you tell by a person's appearance and delivery that (s)he won't have anything worthwhile to say?			
When you disagree with something the speaker says do you still listen carefully?			
Do you formulate your response while the speaker is still talking?			
If you think you know what the speaker is going to say, do you still listen carefully?			
Do you put yourself in the "speaker's shoes" to better understand their point of view?			