**Listening Bad Habits**

Following is a list of ten bad habits of listening. Check those listening bad habits that you are sometimes guilty of committing when communicating with others. Be honest with yourself!

\_\_\_I interrupt often or try to finish the other person’s sentences.

\_\_\_I jump to conclusions.

\_\_\_I am often overly parental and answer with advice, even

when not requested.

\_\_\_I make up my mind before I have all the information.

\_\_\_I am a compulsive note taker.

\_\_\_I don’t give any response afterward, even if I say I will.

\_\_\_I am impatient.

\_\_\_I lose my temper when hearing things I don’t agree with.

\_\_\_I try to change the subject to something that relates to my

own experiences.

\_\_\_I think more about my reply while the other person is

speaking than what he or she is saying.

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**Listening Questionnaire**

**Listening Questionnaire Scoring**

31–35 points = Effective Listener

21–30 points = Good Listener

14–20 points = Not-so-good Listener

13 points or less = Huh?