Listening Assessment

1. What are my strengths as a listener?
   A. Nonverbals:

   B. Verbal Skills:
   ~ Questioning

   ~ Reflective/Confirming what I hear

2. As I listen to others, when am I at my best?

3. When is it hard for me to be a good listener? Why?

4. What do I mentally and physically need to do before meeting with someone so that I am seeking to hear and understand?

5. What do I mentally and physically need to practice that helps me to listen to the Holy Spirit when I am by myself and then when I am with another person?

Resources

Quick to Listen Leaders by Anne Clippard and David Ping
Between the Words by Norman Wakefield (out of print)
Holy Listening by Margaret Guenther
The Sacred Art of Listening by Kay Lindah

Debrief Questions

- What was it like to be the listener?
- What was it like to be listened to?
- What did you notice in yourself?
- Where is this kind of listening used/appropriate?

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