

Listening Skills Observation Form 25

Relationship Skills & Healthy Relationships

	Name	Name	Name	Name
<u>Paying Attention & Showing Interest</u>				
Avoid Interrupting, Judging, or Criticizing				
Give the Speaker Your Full Attention				
Make Direct Eye Contact				
Say Things Like “Yes”, “I See”, “Uh huh”, “mm”, etc.				
Other:				
<u>Using Brief Door Openers</u>				
Say: “Would You Like To Say More About That?”				
Say: “Do You Want Talk About It?”				
Other:				
<u>Active Listening: When Paraphrasing Say:</u>				
“It sounds like...?”				
“It seems to me...?”				
“It appears to me...?”				
“I can see that you are...?”				
“I get the impression that you are...?”				
“Let me see if I understand...(your position, what you want me to do, why you are angry at me...etc.)?”				
“It seems like you are feeling...?”				
“It seems like you are feeling...because...?”				
Ask, “Did I get that right?” “Did I hear you correctly?”				
Other:				
<u>Asking Genuine Inquiry Questions</u>				
I’m not sure I understand”				
“I’m not sure I understand completely. Would you say some more about...?”				
“How are you feeling about all of this?”				
“Why are you feeling this way?”				
“So what happened that got you so...				
“What do you think is going on?”				
“What do you think about that?”				
“What makes you think that?”				
“Can you say a little more about how you see things?”				
“Tell me about what led you to that conclusion”				
“Please say more about why this is important to you”.				
<u>When you think you fully understand, ask:</u>				
“Is there anything else?” or				
“Is there anything else I need to know to fully understand?”				
Other:				