

Listening & Asking Genuine Inquiry Questions Log 25

[Social-Emotional Skills Projects Module](#)

Directions for Rating The Use of These Skills

Rating Scale: To what extent did you passively and actively listen and ask genuine questions when interacting with the person you identified when you had the opportunity to use these skills and when it was appropriate to use them?

5 = Always (when appropriate)

4 = Most of the Time (when appropriate)

3 = Sometimes (when appropriate)

2 = Hardly Ever (when appropriate)

1 = Never (when appropriate)

NA = Not applicable for today. Didn't have the opportunity to use the skill today.

How To Use The Chart: Keep the chart in a convenient location where you will see it and remember to complete it every day before going to bed (e.g., next to your bed, on your bedroom door, etc.). Place the dates in the first column, the name of the person you interact with in the second column, and the ratings in the rest. For example: write 5/1/ 5/2, etc. for the date. Rate each skill 1-5 or NA. The rating should be done each day you interact with the person you have identified. If you forget to chart for a day, leave that day blank (do not chart on the next day).

<u>Date</u>	<u>Person I Did The Skill With</u>	<u>Skill: Paid Attention & Showed Interest</u>	<u>Skill: Used Brief Door Openers</u>	<u>Skill: Passively Listened. Paid Attention and Showed Interest</u>	<u>Skill: Paraphrased & Summarized The Content of What Was Being Said</u>	<u>Skill: Paraphrased & Summarized Feelings Even If Unspoken</u>	<u>Skill: Asked Genuine Inquiry Questions</u>

Using the scale below, how effective was I in using the skills (circle your response)?

Skill # 1: Passive Listening: Paid Attention & Showed Interest

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Skill # 2: Used Brief Door Openers

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Skill # 3: Passively Listened. Paid Attention & Showed Interest

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Skill # 4: Paraphrased & Summarized The Content of What Was Being Said

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Skill # 5: Paraphrased & Summarized Feelings Even If Unspoken

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Skill # 6: Asked Genuine Inquiry Questions

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

1. Which of these skills did I use best?

2. Which of these skills do I need the most work on?

3. When I used these skills successfully, how did I feel and what were the outcomes?

4. How many days was I assigned to use the skill? _____
5. How many days did I fully complete my self-monitoring chart? _____
6. Divide the number of days I fully completed my self-monitoring chart by the number of days I was assigned to use the skill. _____