

		Rarely Describes Me	Sometimes Describes Me	Frequently Describes Me	Almost Always Describes Me	
1	I focus on what others are saying, without thinking about how I will respond.					
2	I focus on what others are saying, without being distracted by environmental factors.					
3	When someone is telling me a story or giving me information, I reflect back on what they are saying by making statements such as "What I hear you saying is...".					
4	I don't interrupt other people when they're speaking.					
5	I frequently use conversation "encouragers" to show that I'm listening, such as nodding my head or saying "mm-hmm."					
6	I can name a wide range of emotions.					
7	I can accurately identify another's emotions as they're telling a story.					
8	I frequently validate others' feelings by making statements such as "That must be hurtful" or "I appreciate you talking about such a difficult issue."					
9	I avoid giving unsolicited feedback.					
10	I avoid patronizing statements such as "It will be fine" or "You poor thing."					
					Total Score	