

Name: _____

Are You Listening?



Each of the social skills below are helpful toward solving conflict.

For each skill, rate yourself:

S for strength, **O** for OK or **N** for I need to work on it.

_____ When I am being talked to, I make eye contact

_____ I watch the speaker's facial expressions and try to understand them fully.

_____ I listen with the goal of fully understanding the speaker's point of view.

_____ I refrain from interrupting.

_____ I wait for a pause before I ask for clarification.

_____ I am not distracted by anything, the speaker has my full attention.

_____ I try to listen intently to remember the speaker's important points.

_____ I remain neutral and open minded while listening to the speaker.

How could you improve your listening skills to equip yourself to resolve conflicts? _____
