

Tool: Listening Assessment

Overview

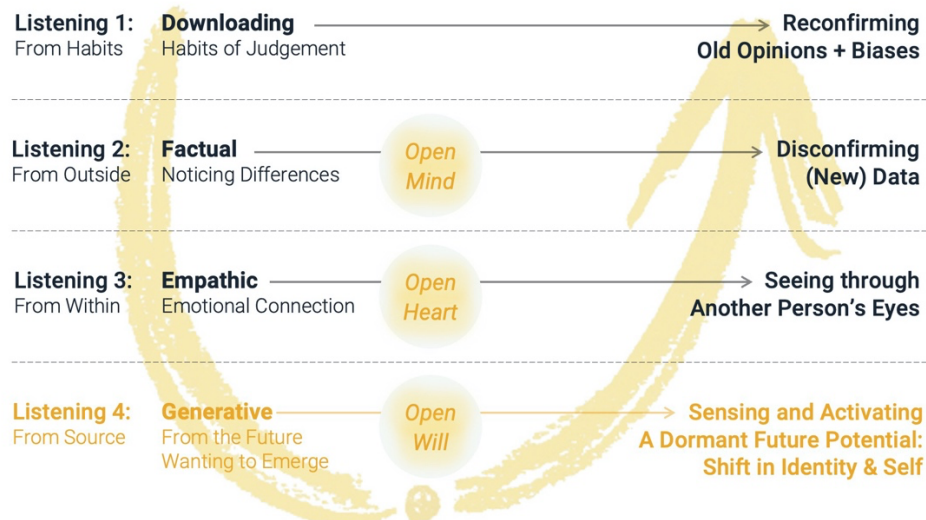
This is a tool to help you observe changes in your ability to engage in deep listening over time. Tracking your listening on a daily basis in a journal is one of the key ways to help increase your capacity to listen at different levels, as appropriate to a situation in which you find yourself.

We encourage you to track your listening in a notebook or journal. The practice of journaling means you write to find out what you think, rather than thinking, reflecting and then writing. The power of this practice comes from reflecting on your listening on a regular basis.

Process

Step One

Once a day, at the end of the day, take some time to reflect on your quality of listening during the day. Estimate what percentage of your time you spent in each level of listening. Here are the descriptions of each level:



Step Two

Share, via Sparkblue, a story about a moment today when you experienced a shift from one level of listening to another.

In your description, simply describe what you noticed about the moment - paying particular attention to your mental state, emotions that were present, any felt sense in your body, and shifts in your perception of time and space. You may write as much or as little as you would like. Also note which level you shifted from, and which level you shifted to (example: shift from level 2 to 3).