

Listening Quiz

What kind of listener are you when it comes to your children? Take this short quiz to find out your listening style!

- 1. When my child/teen talks to me, I typically...**
 - a. only respond if it affects me directly.
 - b. I listen to the first part of what they say, so I get the gist. After a bit, I tend to get distracted by whatever's on my mind.
 - c. stop what I'm doing and listen intently.
 - d. stop what I'm doing, get down on his/her level and look into his/her eyes while I listen.
- 2. When it comes to the tone of voice my child/teen uses...**
 - a. I don't notice different tones.
 - b. I take notice when they say something in a whiny or angry tone of voice.
 - c. I try to listen for the total message, including the words she says and the tone of her voice.
 - d. I can know how my child is feeling by the tone of her voice, even if her words say the opposite.
- 3. When I communicate with my child/teen at home, it's usually...**
 - a. yelling, from across the room.
 - b. at normal volumes, but I'm usually doing something else at the same time (multi-tasking).
 - c. while we are looking at each other.
 - d. face to face, eye level, and touching.
- 4. How many times do I have to ask my child/teen to do something before he/she does it?**
 - a. My child seldom does what I ask.
 - b. It may take several times, but eventually my child gives in.
 - c. I may have to repeat myself once or twice, but not often.
 - d. One time.
- 5. How true is the following statement: "I have to yell to get my children to do what I ask."**
 - a. Always true
 - b. Usually true
 - c. Sometimes true
 - d. Seldom true
- 6. How frequently do I empathize with my child/teen?**
 - a. Hardly ever, I've got bigger problems.
 - b. Only when I agree with what they're saying.
 - c. I usually empathize with my child.
 - d. I try to get into my child's shoes and make sure they feel understood.
- 7. Do my kids feel free to come to me to discuss uncomfortable issues, like friends, peer pressure, sex, and difficulties at school?**
 - a. I don't even want to know...
 - b. My kids would probably not want to talk to me about that stuff because they know I'd flip my lid or they wouldn't want to add to my worries.
 - c. My kids might be reluctant to share these things with me, but I know they would.
 - d. My kids often come to me with personal issues like this, because I listen to them, empathize, and try to be supportive.