

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 comes to me with personal issues like this, because I listen to them, empathize, and try to be supportive.