

## EMOTIONALLY INTELLIGENT LISTENING

Adapted from Chapter 3 of Relationship Communication Decoded

**Important Note:** This assessment is not intended to be a clinical or diagnostic tool. It is designed for personal insight and reflection on relationships only. If you are experiencing distress or mental health challenges, please seek support from a qualified professional.

### INSTRUCTIONS

Read each statement and rate how often it feels true for you when conversing with your partner using a **1 (Not at all true) to 5 (Very true)** scale. This is about self-discovery, so respond openly and honestly.

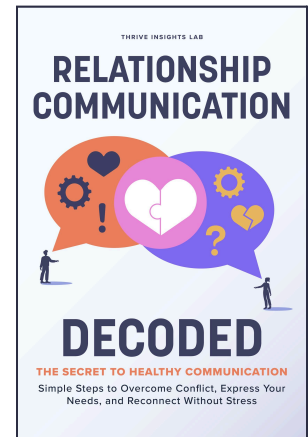
### ITEMS

- |  |                     |
|--|---------------------|
| 1. I give my full attention when my partner is speaking.                       | [1] [2] [3] [4] [5] |
| 2. I can stay calm when my partner brings up difficult topics.                 | [1] [2] [3] [4] [5] |
| 3. I try to understand how my partner feels, even if I see things differently. | [1] [2] [3] [4] [5] |
| 4. I notice changes in my tone or facial expressions during conversations.     | [1] [2] [3] [4] [5] |
| 5. I avoid distractions (like my phone or multitasking) when we talk.          | [1] [2] [3] [4] [5] |
| 6. I pause before reacting when I feel triggered.                              | [1] [2] [3] [4] [5] |
| 7. I reflect back my partner's emotions to show I'm listening.                 | [1] [2] [3] [4] [5] |
| 8. I can name what I'm feeling before I respond.                               | [1] [2] [3] [4] [5] |
| 9. I stay engaged even when the conversation becomes uncomfortable.            | [1] [2] [3] [4] [5] |
| 10. I notice when I get emotionally overwhelmed during conversations.          | [1] [2] [3] [4] [5] |
| 11. I make an effort to listen for what's not being said.                      | [1] [2] [3] [4] [5] |
| 12. I'm aware of how my own emotions affect the way I listen.                  | [1] [2] [3] [4] [5] |
| 13. I maintain eye contact and open body language while listening.             | [1] [2] [3] [4] [5] |
| 14. I know how to soothe myself without shutting down or lashing out.          | [1] [2] [3] [4] [5] |
| 15. I consider my partner's emotional state when choosing how to respond.      | [1] [2] [3] [4] [5] |
| 16. I check in with myself during tense conversations to stay grounded.        | [1] [2] [3] [4] [5] |

### SCORING

Total the scores for each skill below (out of 20).

- **Attentive Presence:** 1, 5, 9, 13 = \_\_\_\_
- **Self-Regulation During Listening:** 2, 6, 10, 14 = \_\_\_\_
- **Empathetic Attunement:** 3, 7, 11, 15 = \_\_\_\_
- **Self-Awareness While Listening:** 4, 8, 12, 16 = \_\_\_\_



## INTERPRETATION GUIDE

Your score indicates:

- **Consistent Practice (16–20):** You regularly use this skill, and it feels natural to you in conversations. With continued awareness, you can deepen and refine even further.
- **Growing Strength (10–15):** You use this skill in some situations, though it may slip under stress or in challenging moments. With practice, it can become a reliable habit.
- **Emerging Awareness (4–9):** You're beginning to notice and develop this skill. This is an exciting place to start, and the exercises in Chapter 3 can help you build confidence and consistency over time.

## REFLECTION

*Take a moment to reflect on your results. Capture your thoughts in the space provided below.*

What stood out to you most from this assessment about your listening habits?

Based on your scores, what's one specific area of listening you'd like to focus on improving?

How might enhancing this particular listening skill positively impact your partner or your relationship?

## NEXT STEPS

You've gained valuable insights into your listening skills. Return to Chapter 3 of *Relationship Communication Decoded* to delve deeper into these listening dimensions and discover practical strategies to enhance your emotional intelligence in conversations.