

RATE YOUR MATE (AND YOURSELF) AS A LISTENER

Adapted from *Just Talk to Me*

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Rating Your Mate

How does your spouse rate as an active listener? The rating scale below is provided for your evaluation. How you respond to the statements will help your spouse understand how well he rates in this skill. This rating is not intended to be a scientific instrument. It is an estimate of your spouse's listening skills and will give him an idea of the relative strength and weakness of his listening. Your spouse is to rate you also.

Do not consult each other as you are doing the rating. You will have an opportunity to discuss the answers when you are done.

When you respond to each statement, circle the number in the appropriate column. Rate your spouse on the basis of how you *feel*.

RATE YOUR SPOUSE AS A LISTENER

	NO	MID	YES
1. He/she understands the way I feel.	1	2	3
2. He/she values me as an individual or unique person.	1	2	3
3. He/she feels deeply my most painful feelings.	1	2	3
4. He/she can understand my weaknesses.	1	2	3
5. He/she tries to understand my point of view.	1	2	3
6. He/she has an appreciation for my value as a human being.	1	2	3
7. He/she cares enough to let me go, or even to give me up.	1	2	3
8. One of his/her feelings for me might be described as a love for mankind.	1	2	3
9. He/she demands my appreciation.	1	2	3
10. Being rejected by him/her changes my feelings for him/her.	1	2	3
11. His/her feeling for me has a quality of forgiveness.	1	2	3
12. His/her feeling for me has a quality of patience.	1	2	3
13. He/she can tell what I'm feeling even when I don't want to talk about it.	1	2	3
14. His/her feeling for me has a quality of sympathy or compassion.	1	2	3
15. He/she has a deep feeling of concern for my welfare as a human being.	1	2	3
16. He/she feels I have great worth and dignity.	1	2	3

Scoring: 40 – 48 Your spouse really does listen
32 – 39 You feel your spouse doesn't always listen
24 – 31 You feel your spouse seldom listens
16 – 23 The active listening skill needs a lot of work