

LISTENING CHECKLIST FOR ADULTS

NAME _____ DATE _____

The ability to listen cannot be seen.

The only way to gauge listening is indirectly – through an evaluation of related skills. This checklist offers a catalog of such skills and will enable you to assess your ability to listen. There is no score, and no “right” or “wrong” answer. Check as many boxes as you feel are appropriate.

RECEPTIVE LISTENING AND LANGUAGE

This is listening which focuses outside of the self, relative to what others are saying, or what is going on in the school, work or home environment.

Check the most appropriate box.

Difficulty staying focused at work/meetings
 rarely sometimes often always

Short attention span
 rarely sometimes often always

Easily distractible, especially by noise
 rarely sometimes often always

Misinterpret questions or requests
 rarely sometimes often always

Difficulty in sound discrimination
 rarely sometimes often always

Confuse similar sounding speech sounds and words
 rarely sometimes often always

Need repetition and clarification more than usual
 rarely sometimes often always

Able to follow only one or two instructions in a sequence
 rarely sometimes often always

Difficulty understanding business discussions
 rarely sometimes often always

Poor short-term memory
 rarely sometimes often always

Poor long-term memory
 rarely sometimes often always

Must read material several times to absorb content
 rarely sometimes often always

Tire easily
 rarely sometimes often always

Become sleepy when listening to speakers or reading
 rarely sometimes often always

Difficulty hearing low male voices
 rarely sometimes often always

Difficulty hearing high female voices
 rarely sometimes often always

Seems that most people speak too fast
 rarely sometimes often always

EXPRESSIVE LISTENING AND LANGUAGE

This listening focuses inside the self, including checking, monitoring and reproducing correctly what one hears, especially one's own voice and speech.

Flat and monotonous voice quality
 rarely sometimes often always

Speech lacks fluency and rhythm is hesitant
 rarely sometimes often always

Difficulty recalling exact word usage
 rarely sometimes often always

Sing out of tune
 rarely sometimes often always

Difficulty with reading, especially out loud
 rarely sometimes often always

Poor spelling
 rarely sometimes often always

Difficulty summarizing a story
 rarely sometimes often always

Difficulty relating isolated facts
 rarely sometimes often always

Stumble over words in oral presentations
 rarely sometimes often always

Have trouble forming thoughts and ideas in oral presentations
 rarely sometimes often always

Have trouble expressing thoughts and ideas in oral presentations, even when they seem clear
 rarely sometimes often always



MOTOR SKILLS

This is listening to the body. These skills are related to the vestibular system of the ear and affect balance, coordination, body image and spatial orientation.

- Poor posture, including slouching and slumping
- Uncoordinated body movement and fidgeting
- Clumsiness, including tripping and stumbling
- Confusion of right and left
- Poor sense of rhythm
- Messy handwriting
- Difficulty with organization and structure
- Often confused about location and direction

BEHAVIORAL AND SOCIAL ADJUSTMENT

These behaviors and attitudes may accompany a listening problem.

- Low frustration tolerance
- Poor self-image or low self-confidence
- Difficulty in making and keeping friends
- Withdraw from or avoid social interactions
- Tendency towards irritability
- Inordinately tired at end of work day
- Low motivation, minimal interest in work, little desire to participate
- Tense and anxious
- Limited sense of aliveness
- Difficulty setting goals and priorities
- Difficulty in beginning and completing projects
- Difficulty with time concepts and punctuality
- Difficulty making judgments and generalizing to new situations
- Hesitant to accept responsibility
- Do not complete assignments
- Lack of tactfulness
- Do not tolerate stress well
- Appear stressed to others, even when I don't recognize it

DEVELOPMENTAL HISTORY

Listening difficulties often develop early in life. Please note if any of the following events apply to you.

- Delayed motor development
- Delayed speech development
- Delayed language development
- Recurring ear infections
- Experienced emotional trauma
- Had dangerous experiences
- Had frightening experiences
- Mother had stressful pregnancy
- Mother had difficult delivery
- You were adopted
- You experienced early separation from mother (i.e. hospitalization, incubation or mother ill)

ENVIRONMENTAL HISTORY

- Exposure to loud sounds such as gunfire or loud concerts
 - Ringing in one or both ears
 - Suffered from concussion or head trauma
 - Suffer from headaches (please describe)
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FOREIGN LANGUAGES

- List the languages (other than English) spoken in your home
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- I would like to learn a foreign language (please specify)
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