

LISTENING LAB RESEARCH REPORT CARD – LISTENER

EPISODE NUMBER Circle: 1 2 3 4

Register your details here:

Name:

Email:

Listening Mode

Did you conduct your research in *Collaboration Mode* or *Stealth Mode*? Circle one, *Collaboration* or *Stealth*

Thank you for taking the time to do a Listening Lab exercise. Before recording your research findings take a moment to reflect on how well you did at the task of simply listening and try to identify the things that made it difficult for you to maintain your attention *and* the things that got in the way that made it difficult to listen. Remember we are interested your psychological resistance to listening, rather than the physiological (e.g. hunger) or environmental distractions (e.g., noises).

Resistance to listening

What did you notice within yourself that made it difficult for you to listen? It was difficult to listen because (enter your reasons here)....

If you are not sure what made it difficult to listen could it have been because of any of the following suggestions? Check (✓) what may have been true for you.

I was totally uninterested in what was being said
I felt I needed to speak to help the speaker along
I disagreed with what was being said, as I felt I knew better
I agreed with what was being said and wanted to jump in with my thoughts
The speaker wasn't at all funny or entertaining
I didn't feel at all attracted to the speaker
I drifted off because I was distracted with something more interesting
I was feeling emotional about something else, so I couldn't concentrate
I was worried about something more important
I was thinking about myself
I needed more of an emotional connection
I am anxious and can't really focus for long
I thought the speaker was a bit arrogant/stupid/deceitful
I didn't feel there was anything in it for me
I drifted off because I was tired or hungry
I just couldn't concentrate that long and so I lost the thread
I felt internal pressure to speak even though I was trying not to
I thought the speaker was hard to understand so found it hard to keep listening
I thought the ideas were all muddled and didn't make sense
I just wasn't in the mood for listening
My ego just keep getting in the way
I felt competitive and couldn't wait to tell my story

LISTENING LAB RESEARCH REPORT CARD – LISTENER CONTINUED

Assistance to Listening

Was it easy for you to listen? Circle one: Not really / quite easy / really easy

What made easy for you to listen? It was easy to listen because...

If you aren't sure why it was easy to listen could it have been because of any or all of the following suggestions? Check (✓) what may have been true for you.

- The speaker was very interesting*
- The speaker was funny and entertaining*
- The speaker seemed a nice person*
- I felt attracted to the speaker*
- I felt emotionally connected to the story*
- I found the flow of ideas easy to follow*
- I found the ideas made so much good sense*
- I was intrigued by the ideas*
- I was intrigued by the speaker's manner*
- I really felt up for just listening today*
- My powers of concentration were at their peak today*
- My ego didn't interfere by pressuring me to speak*
- I didn't feel at all competitive*
- I didn't care that I knew more about it than the speaker*
- I felt good about just listening*
- I tried really hard to listen and that helped keep me concentrating*

Insights

What have you learned about your self from the listening exercise? I learned that ...