

## Active Listening Evaluation Sheet

What Type of Listener is \_\_\_\_\_? Conference: \_\_\_\_\_

**Level 1 – Paraphrase feelings** (must contain a feeling word)

**Level 2 – Paraphrase content**

**Level 3 – Door Openers** (Tell me more, etc.)

**Acknowledgement** (sure, right, umhuh, good idea, positive body language, etc.)

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**Level 4 – Roadblocks** (directing, threatening, preaching, lecturing, providing answers, disapproving, praising, sympathizing, psychoanalyzing)

**Level 5 – Happy Hooker** (Listener catches one idea and relates it to the listener's interests or experiences.)

**Level 6 – Ships Passing in the Night** (Breakdown in communication – missing the point)

Did you actively listen? Yes \_\_\_\_\_ No \_\_\_\_\_

What were the two main levels? \_\_\_\_\_

What should you have done more of? \_\_\_\_\_

Write other reactions on the back.