





EFFECTIVE LISTENING SCALE

Use this scale as a guide to see whether or not you are giving your spouse healthy responses that promote good communication. Like anything, "Practice Makes Perfect."

<i>WHEN MY SPOUSE SAYS SOMETHING AND I ...</i>	<i>THIS WOULD BE A "WORST" RESPONSE</i>	<i>MY SPOUSE'S FEELINGS MIGHT BE ...</i>
<ul style="list-style-type: none"> ... reject or ridicule his/her feelings ... criticize him/her ... question his/her perceptions ... defend myself ... ignore him/her ... share just to meet my own needs 	<p>It is HURTFUL & Indicates REJECTION</p>	 <p>"I feel HURT."</p>
<p><i>WHEN MY SPOUSE SAYS SOMETHING AND I ...</i></p>	<p><i>THIS WOULD BE A "POOR" RESPONSE</i></p>	<p><i>MY SPOUSE'S FEELINGS MIGHT BE ...</i></p>
<ul style="list-style-type: none"> ... ask questions about the facts ... give advice ... ignore his/her feelings ... reassure without identifying his/her feelings 	<p>It MISSES FEELINGS & Indicates TOLERATION</p>	 <p>"I feel FRUSTRATED."</p>
<p><i>WHEN MY SPOUSE SAYS SOMETHING AND I ...</i></p>	<p><i>THIS WOULD BE A "GOOD" RESPONSE</i></p>	<p><i>MY SPOUSE'S FEELINGS MIGHT BE ...</i></p>
<ul style="list-style-type: none"> ... accurately identify his/her main feeling 	<p>It ACKNOWLEDGES main, obvious FEELINGS & Indicates ACCEPTANCE</p>	 <p>"I feel ACCEPTED."</p>
<p><i>WHEN MY SPOUSE SAYS SOMETHING AND I ...</i></p>	<p><i>THIS WOULD BE THE "BEST" RESPONSE</i></p>	<p><i>MY SPOUSE'S FEELINGS MIGHT BE ...</i></p>
<ul style="list-style-type: none"> ... ask questions about the feelings ... mirror back with empathy ... communicate understanding of his/her feelings ... try to understand non-verbals 	<p>It goes beyond the OBVIOUS to underlying FEELINGS & Indicates UNDERSTANDING</p>	 <p>"I feel cared for ... and want to tell you more!"</p>