## 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."

<table>
<thead>
<tr>
<th>WHEN MY SPOUSE SAYS SOMETHING AND I ...</th>
<th>THIS WOULD BE A &quot;WORST&quot; RESPONSE</th>
<th>MY SPOUSE'S FEELINGS MIGHT BE ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>... 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</td>
<td>It is HURTFUL &amp; Indicates REJECTION</td>
<td>&quot;I feel HURT.&quot;</td>
</tr>
</tbody>
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<thead>
<tr>
<th>WHEN MY SPOUSE SAYS SOMETHING AND I ...</th>
<th>THIS WOULD BE A &quot;POOR&quot; RESPONSE</th>
<th>MY SPOUSE'S FEELINGS MIGHT BE ...</th>
</tr>
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<tr>
<td>... ask questions about the facts ... give advice ... ignore his/her feelings ... reassure without identifying his/her feelings</td>
<td>It MISSES FEELINGS &amp; Indicates TOLERATION</td>
<td>&quot;I feel FRUSTRATED.&quot;</td>
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<tr>
<th>WHEN MY SPOUSE SAYS SOMETHING AND I ...</th>
<th>THIS WOULD BE A &quot;GOOD&quot; RESPONSE</th>
<th>MY SPOUSE'S FEELINGS MIGHT BE ...</th>
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<tr>
<td>... accurately identify his/her main feeling</td>
<td>It ACKNOWLEDGES main, obvious FEELINGS &amp; Indicates ACCEPTANCE</td>
<td>&quot;I feel ACCEPTED.&quot;</td>
</tr>
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<tr>
<th>WHEN MY SPOUSE SAYS SOMETHING AND I ...</th>
<th>THIS WOULD BE THE &quot;BEST&quot; RESPONSE</th>
<th>MY SPOUSE'S FEELINGS MIGHT BE ...</th>
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<td>... ask questions about the feelings ... mirror back with empathy ... communicate understanding of his/her feelings ... try to understand non-verbals</td>
<td>It goes beyond the OBVIOUS to underlying FEELINGS &amp; Indicates UNDERSTANDING</td>
<td>&quot;I feel cared for ... and want to tell you more!&quot;</td>
</tr>
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</table>