



Listening Checklist

This checklist offers a catalogue of abilities, skills or qualities that will enable you to evaluate your ability to listen. There is no score. Check as many boxes as you feel appropriate.

Developmental history

Our early years are very important in early identification and prevention of listening deficiencies. It also may give some background as to possible causes such as:

- a stressful pregnancy
 - difficult birth
 - adoption
 - early separation from the mother
 - delay in motor development
 - recurring ear infections
 - stressful environment
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Motor skills

Body image, sense of balance and coordination are closely related to a proper functioning of the ear.

- poor posture
 - fidgety behaviour
 - clumsy, uncoordinated movements
 - poor sense of rhythm
 - messy handwriting
 - hard time with organisation and structure
 - confusion of left and right
 - poor sports skills
 - vertigo
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Receptive Listening

The Listening that is directed outward, and keeps us attuned to the world around us.

- short attention span
- easily distracted
- oversensitive to sounds
- misinterpretation of questions and instructions
- confusion of similar sounding words

frequent need of repetition
inability to follow sequential instructions
tinnitus

Expressive Listening

The Listening that is directed within. We use it to control our voice when we speak and sing.

flat and monotonous voice
hesitant speech
weak vocabulary
poor sentence structure
overuse of stereotyped expressions
inability to sing in tune
confusion or reversal of letters
poor reading aloud

Energy levels, stamina

According to Dr. Tomatis the ear functions as a dynamo, providing us with the energy we need to lead a fulfilling life.

difficulty getting up
tired halfway through the afternoon
habit of procrastinating
hyperactivity, restlessness
tendency towards depression
feeling overburdened by relatively simple everyday tasks
'chronic' fatigue e.g. as a side effect of a major operation, chemotherapy

Behavioural and social adjustment

The less you are listening to the world around you, the less you are stimulated, the less you will be able to respond to the world. A listening deficiency can be related to:

poor self confidence
low tolerance for frustration
shyness
tendency to withdraw, avoid others
emotional immaturity
low motivation, lack of interest in studies and achieving 'anything'

Some of the characteristics in the above categories are interrelated or just alternative expressions for more or less the same thing. What it boils down to is a relatively negative outlook on life, most certainly a lack of joy and initiative and most likely an overly subjective perception of the world. Challenges are seen as something either to withdraw from or to get sensitive about.

This list is based on '*When Listening Comes Alive*' from Paul Madaule (Moulin Publishing 1994).