Improving Your Listening Skills DBT Worksheet

Name: _____ **Date:** _____

Effective communication is essential for building and maintaining healthy relationships. One crucial aspect of communication is being a good listener. Improving your listening skills can lead to better understanding, empathy, and stronger connections with others. This Dialectical Behavior Therapy (DBT) worksheet is designed to help you enhance your ability to listen actively and attentively.

Self-assessment

Take a moment to reflect on your current listening skills. Rate yourself on a scale of 1 to 10 (1 being very poor and 10 being excellent) for each of the following statements.

Rating	Statement
	1. I give my full attention when someone is speaking to me.
	2. I avoid interrupting or finishing other people's sentences.
	3. I ask clarifying questions when I don't understand something.
	4. I make eye contact and use open body language while listening.
	5. I resist the urge to formulate my response while the other person is speaking.
	6. I acknowledge the speaker's emotions and feelings.
	7. I refrain from judging or criticizing the speaker's thoughts or opinions.
	8. I provide verbal and nonverbal cues to show that I'm engaged.

Identifying listening barriers

Think about the factors that might hinder your ability to listen effectively. List any personal barriers you experience when trying to listen to others.

Active listening practice

Choose a conversation partner – this could be a friend, family member, or colleague. Engage in a conversation where your goal is to practice active listening. Follow these steps:

1. **Prepare mentally:** Clear your mind and set the intention to fully focus on the speaker.
2. **Give undivided attention:** Put away distractions like phones and other devices. Maintain eye contact and use open body language.
3. **Listen without interrupting:** Let the speaker finish their thoughts before responding. Avoid jumping in with your own ideas.
4. **Use verbal and nonverbal cues:** Nod your head, say "I see," or "Tell me more" to show you're engaged.
5. **Reflect and clarify:** After the speaker is done, reflect back on what they said and ask clarifying questions if needed.
6. **Empathize and validate:** Acknowledge the speaker's emotions and perspective without judgment.

Reflection
After the conversation, take a moment to reflect on your active listening experience. What did you learn from this exercise?
How did your conversation partner react to your active listening efforts?

Did you encounter any challenges? How did you overcome them or how could you overcome them in the future?

Setting goals

Set specific goals for improving your listening skills based on your self-assessment and the insights gained from the practice session.

Additional notes