

# CONNECTION ASSESSMENT



Answer the questions below following conversation to help you reflect on your ability to connect.

Name of the person:

<p>What percentage of the time were you...</p>	<p>Listening?</p>	<p>Talking?</p>
<p>What were you doing while <u>listening</u>? (mark all that apply)</p>	<ul style="list-style-type: none"> <li><input type="radio"/> Pretending to listen</li> <li><input type="radio"/> Interrupted them</li> <li><input type="radio"/> Thinking about what you were going to say next</li> <li><input type="radio"/> Thinking about your response</li> <li><input type="radio"/> Finished their sentence</li> <li><input type="radio"/> Thinking about what you have to/want to do today</li> <li><input type="radio"/> Making a judgement about what they were saying</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Trying to feel what they feel</li> <li><input type="radio"/> Used non-verbals such as head nod, eye raise, lip curl</li> <li><input type="radio"/> Added words such as uh-huh, good, nice, hum</li> <li><input type="radio"/> Allowed pause</li> <li><input type="radio"/> Asked a follow up question</li> <li><input type="radio"/> Kept your mind blank</li> </ul>
<p>What did you notice about their body language?</p>	<ul style="list-style-type: none"> <li><input type="radio"/> Eyes</li> <li><input type="radio"/> Facial expressions</li> <li><input type="radio"/> Shoulders</li> <li><input type="radio"/> Stance/body position</li> </ul>	
<p>How honest do you think they were being? How do you know?</p>	<p style="text-align: center;"><b>Not</b>   1   2   3   4   5   6   7   8   9   10   <b>Very</b></p>	
<p>List specifically what you learned about regarding...</p>	<ul style="list-style-type: none"> <li><input type="radio"/> What they dream about?</li> <li><input type="radio"/> What they sing about?</li> <li><input type="radio"/> What they cry about?</li> </ul>	
<p>What topics, interests, or values did you find they have which you share in common?</p>		
<p>How strong of a connection do you think you made? What could you have done better?</p>	<p style="text-align: center;"><b>Not</b>   1   2   3   4   5   6   7   8   9   10   <b>Very</b></p>	