

Name _____

The Art of Active Listening: Enhancing Your Conversations

Multiple Choice Questions

1. What is active listening?

- A) Hearing words without paying attention
- B) Engaging with the speaker and demonstrating genuine interest in what they have to say
- C) Speaking more than the other person in a conversation
- D) Ignoring the speaker completely

2. What is one component of active listening?

- A) Being distracted by your phone
- B) Empathizing with the speaker
- C) Interrupting the speaker frequently
- D) Avoiding eye contact with the speaker

3. Why is empathy important in active listening?

- A) It allows you to form judgments about the speaker.
- B) It helps you understand and share the feelings of the speaker.
- C) It encourages you to interrupt the speaker.
- D) It prevents you from facing the speaker directly.

4. How can you encourage the speaker to share more details in a conversation?

- A) Use affirming statements
- B) Interrupt frequently
- C) Finish the speaker's sentences
- D) Avoid asking questions

5. What is a common barrier to active listening?

- A) Mindfulness
- B) Empathy
- C) Impatience
- D) Open-ended questions

