

Name \_\_\_\_\_

## The Art of Listening: Building Stronger Relationships

### Multiple Choice Questions

1. Why is listening an essential skill in building relationships?
  - a) It helps you talk more.
  - b) It shows respect and empathy.
  - c) It allows you to give advice.
  - d) It makes you the center of attention.
  
2. What is an open-ended question, and why is it important in listening?
  - a) A question that can be answered with "yes" or "no."
  - b) A question that invites the speaker to express their thoughts and feelings.
  - c) A question that provides immediate solutions.
  - d) A question that judges the speaker.
  
3. How can you show empathy when someone is sharing their feelings with you?
  - a) Offer immediate solutions.
  - b) Avoid eye contact.
  - c) Validate their feelings and understanding their perspective.
  - d) Interrupt and share your own experiences.
  
4. What is reflective listening, and why is it helpful in communication?
  - a) Repeating back what the person said in the exact same words.
  - b) Ignoring the person's message.
  - c) Repeating back what the person said in your own words to ensure understanding.
  - d) Changing the topic of conversation.
  
5. Why is it important to avoid rushing someone or filling silences during a conversation?
  - a) Because it makes you look impatient.
  - b) Because silence is uncomfortable.
  - c) Because people need space to express themselves fully.
  - d) Because it allows you to dominate the conversation.

