LISTENING GROUP EVALUATION SCALE

(Check the place on each line which most nearly describes your feelings)

1.	2.	3.	4.	5.
1. ABOUT PARTICIPATION				
I felt like an "observer."	I was involved slightly.	I entered the discussion primarily to convince others of my position	I entered the discussion primarily to "work through" the concern with the others.	I felt involved trying to help others clarify their feelings just as I was trying to make clear my own feelings.
2. ABOUT EXPRESSING MYSELF:				
I was afraid to speak up for fear my ideas would appear feeble or irrelevant.	at times I felt ignored or judged, and was defensive.	I felt a part of the group but not free to be honest with myself and others.	I did express myself to some degree and was not afraid of what others would think.	I felt freer to express my real self because of the openness and expectant listening of group members.
3. ABOUT VERBAL COMMUNICATING:				
I interrupted others, interjecting irrelevant ideas.	I felt I talked too much.	I made an effort to curb my talking.	I delayed sharing my feelings Until I felt I had understood others' feelings.	I encouraged others to express their ideas also.
4. ABOUT ACCEPTING AND UNDERSTANDING OTHERS:				
I was critical and caustic, disregarding the feelings of others.	I was frequently indifferent to what others were saying.	I listened to what others <u>said</u>, but was not aware of their real feelings.	I tried to listen with openness and expectancy to others' <u>feelings</u> as well as to their ideas.	I felt I was able to accept and understand reasons for others feeling as they do.
5. ABOUT NEGATIVE SUPPORT OF EACH OTHER:				
All of us were immediately supportive and encouraging, which kept members from dealing with their real feelings.	Most of us were aware of need to help others sense their true feelings, but our need to be supportive minimized this effort.	Some of us tried to help others think through their deeper feelings, and tried not to let our need to be supportive thwart their efforts.	Some of us actually helped others face their true feelings, even though painful, rather than giving surface encouragement.	Most of us actually helped others to real self-discovery as we accepted them and their true feelings.
6. ABOUT MY OWN SELF-DISCOVERY				
I felt no desire to express my real feelings and wanted to stay on the surface.	I would have liked to express my real feelings but did not think anything would come from it.	I did attempt to express my real feelings, but was thwarted by the group's desire to make me feel better.	I expressed some real feelings and some of the group tried to help even though it was painful for all.	New discoveries came when my deep feelings were expressed, accepted, and understood by some.