



Connection Quiz



Check if
mostly true
about you



I relate to others with positive regard and as deserving of my respect.

In relating to a loved one or colleague, I put myself in the other person's shoes, appreciating what the experience feels like to them.

I don't dominate the conversation and spend at least half the time listening.

I drop roles, pretenses, or professional façades to be more in touch with myself and thus more genuine and real with the other person.

In my communications I endeavor to be forthright in a respectful, compassionate way.

I am open to my feelings and to those of the other person.

I listen sensitively for feelings and messages that are implied but not stated in words.

I pay attention to non-verbal expressions such as posture, facial expression, gestures, and tone of voice.

I refrain from mentally preparing a rebuttal as the other person speaks.

In a disagreement, I am able to communicate what I want to say and to listen carefully to what the other person has to say, with no antagonism toward them.

I avoid rushing or interrupting the other person when they are speaking.

I am able for the sake of communication to temporarily lay aside my views and values in order to enter the other person's experience without prejudice.

I periodically check with the other person to the accuracy of what I'm hearing and sensing, guided by what the other person has actually communicated.

I am patient with the discussion as it unfolds and avoid jumping to conclusions.

If I'm upset, before speaking, I take a moment to check if what I'm about to say is respectful or condemning.