



**LOOKING AT MY BELIEFS:**

# I want to hear what others have to say.



To understand how it might look and feel to honor or violate the belief that you want to hear what people have to say, the following examples of what it looks like to use top-down communication and partnership communication are provided. Use this simple scale to help gauge the alignment you currently possess between your beliefs and your behavior (authenticity). The higher total score, the more oriented you are toward partnership communication. The lower total score, the more oriented you are toward top-down communication.

**TOP-DOWN PRACTICES**

**PARTNERSHIP PRACTICES**

I do most of the talking during conversations.

○—○—○—○—○—○—○—○—○—○  
1 2 3 4 5 6 7 8 9 10

Others do most of the talking during conversations.

It is OK if I multi-task during conversations.

○—○—○—○—○—○—○—○—○—○  
1 2 3 4 5 6 7 8 9 10

I am fully present when I have conversations.

I don't worry about how anger or negative feelings interfere with my ability to listen.

○—○—○—○—○—○—○—○—○—○  
1 2 3 4 5 6 7 8 9 10

I try to make sure I'm ready to listen before I have an important conversation.

Total Score

What surprises you? What pleases you? Are you where you would like to be? What would you like to change?

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