

## Listening

*These questions are designed to help you understand this chapter's concepts and express your understanding in your own words.*

*Please note that this exercise is for self-study, and your instructor will not be able to see the answer you have written.*

1. Why is listening an important part of communication? Why do you need to enhance your listening skills?
  2. Describe the three misconceptions of myths of listening.
  3. Explain the three challenges of listening. Provide an example of each.
  4. Defensive listening is a common faulty listening behavior described in the text. Describe a time when you engaged in defensive listening. Based on the text what are some of the techniques you could have used to listening nondefensively?
  5. We use specific types of listening to connect to others. Define relational listening and supportive listening. Identify the necessary components in our listening behaviors that can create connection in our relationships.
  6. Define task-oriented listening and identify the guidelines that can help us be more effective with this listening technique.
  7. Identify the necessary components of analytical listening.
  8. Take the Self-Assessment evaluation of your listening styles. What are the types of listening that you value most? Why?
9. Describe 6 Disruptive Languages