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| **Your Experience Listening**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** | |
| What were the main topics that your partner talked about? (describe below) | |
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|  | In the box to the left, please rate on a scale of 1-10 how interested you were in what your partner was saying (1=not interested; 10=totally interested) |
| What (if anything) interfered with you being more interested? (describe below) | |
|  | |
|  | In the box to the left, please rate on a scale of 1-10 how sympathetic or excited you felt when your partner was talking (1=not at all; 10= a lot) |
| What (if anything) interfered with you feeling more sympathetic or excited? (describe below) | |
|  | |
| Thoughts about today’s exercise |  |