



Dr. Jenn's Listening Landmines Quiz

From *Laid or Loved? The Secrets Guys Wish You Knew About Being a Dream Girl Instead of a Just-In-His-Jeans Girl* (Ignite Reality Press, 2009, \$15.95) by Dr. Jennifer Austin Leigh

98% of teen guys Dr. Jenn polled said they'd rather have a relationship with a girl who is a great listener than a 'hottie'. Listening effectively is as important to becoming a Dream Girl as knowing how to respect yourself and others. Which Listening Landmines do you tend to detonate? Circle all of the numbers below that describe you...and be honest:

1. If something I have to say is important, I speak up and cut others off.
2. I get bored easily, and so I just pretend I am listening.
3. I don't like to give up the conversation. I do most of the talking.
4. I find myself saying things like, "I know what you mean," and then I talk about my situation that is like the one the person I'm talking to is talking about.
5. I get really anxious when I talk to a guy. I just want to make him happy so he will like me.
6. I want people to think I am listening to them, so I look them in the eye, but I am really not listening most of the time.
7. Sometimes people tell me stories that remind me of my own experiences, and I stop the conversation to tell them about my story.
8. I hear things that I disagree with or make me angry, and I have to show the other person that he or she are wrong.
9. I think I must have ADHD, because I tune in and out of conversations.
10. I listen for topics or words that I know make me angry so I can talk and prove my point.
11. I hate waiting for someone to get the point, so sometimes I finish their thoughts for them.
12. If I get excited, I will cut someone off mid-sentence.
13. I can't focus on what people are saying. I just wander off.
14. If the conversation isn't about what I want to talk about, I will

- change topics really fast.
15. Guys just sit there! They won't talk, so I *do*.
 16. Some people need to be straightened out. I tell them when they aren't right.
 17. I know my friends want me to listen to them, so I just nod and say "Uh-huh" a lot. I don't really pay attention.
 18. Who's got time to focus on one conversation? I listen, text other people, and can't be bothered to stay with just one conversation.
 19. I just agree so people don't get mad at me.
 20. I worry about how much a guy likes me instead of listening to what he has to say.
 21. I talk more than the guy I am talking to does.

If you answered numbers 2, 6, and 17, you are a Poser – you pretend to be someone you aren't.

If you answered numbers 5, 19, and 20, you are a Worrier – you worry about things while you should just be listening.

If you answered numbers 1, 11, and 12, you are a Crasher – you interrupt.

If you answered numbers 8, 10, and 16, you are an Instigator – you look for ways to make every conversation a fight.

If you answered numbers 9, 13, and 18, you are a Wanderer – you have a short attention span and don't listen attentively.

If you answered numbers 3, 15, and 21, you are a Motormouth – you talk too much and don't listen enough.

If you answered numbers 4, 7, and 14, you are a Hijacker – you turn the conversation so it's all about you.

The Listening Landmines – posing, worrying, crashing, instigating, wandering, motormouthing and hijacking – each have three examples in the quiz. You may have only circled one instead of all three. That means you have a *tendency* toward that Landmine, and you might not be setting it off on a regular basis. Or you might be.

If you're like most people, your answers may show you to have a combination of several Listening Landmines. For example, you may be a hijacker who also tends to worry or an instigator who also tends to crash. Many girls find that they have circled at least one answer from each Landmine. That doesn't matter. What's important is that you're taking a long, hard, objective look at areas of listening in which you know you can be better, *so that you can do something about it*. Believe me, not only will guys appreciate your desire to improve your listening skills, so will everyone else.

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