

## Paraphrasing Self-Assessment

This tool is intended for you to determine your current use of the skill of paraphrasing. It is a reality check that creates baseline data for improving the skill.

1. I paraphrase the essence of what the speaker is saying and do so concisely. I *listen for* what the person wants.

Always	Generally	Seldom	Never
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2. When I paraphrase, I *listen for* the content (what), the emotions (who), or both from the speaker. I recognize the importance of acknowledging their struggle.

Always	Generally	Seldom	Never
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3. I paraphrase for the speaker's clarity and understanding. I listen closely to succinctly reflect and summarize or organize the speaker's thoughts, words, and ideas.

Always	Generally	Seldom	Never
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4. I listen deeply to *reframe* thinking—when appropriate to the speaker's situation—from negative to positive, from problem to solution, and from complaint to commitment.

Always	Generally	Seldom	Never
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5. I intentionally paraphrase in my thoughtful conversations with others.

Always	Generally	Seldom	Never
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6. I am comfortable with and aware of my use of paraphrasing and witness the power of paraphrasing with others.

Always	Generally	Seldom	Never
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7. I use the speaker's language (at times) in an effort to connect to the speaker's thinking and feelings.

Always	Generally	Seldom	Never
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