

Rate Your Discussion!

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Use the score sheet below to rate a recent discussion with others. Of course, people in the group will differ, so go with a general estimate. Alternatively, rate one person (starting with yourself!). Use the criteria below to identify which elements might need improving.

DID PEOPLE...?

(Ring the score. 1 = poorly, 5 = very well)

Listen well to others	1	2	3	4	5
Act to include others	1	2	3	4	5
Use questions	1	2	3	4	5
Think creatively	1	2	3	4	5
Challenge ideas	1	2	3	4	5
Build upon others' ideas	1	2	3	4	5
Show open-mindedness	1	2	3	4	5

DID PEOPLE AVOID...?

Long personal anecdotes	1	2	3	4	5
Interrupting others	1	2	3	4	5
Going off topic	1	2	3	4	5
Being easily distracted	1	2	3	4	5
Being rude / intimidating others	1	2	3	4	5
Hogging air time	1	2	3	4	5
Over-explaining / detailing	1	2	3	4	5
Boasting	1	2	3	4	5

TOTAL SCORE: / 75

0 – 20: Find better company. 21 – 35: Let's hope it was short.

36 – 50: Quite enjoyable with scope to improve. 50 – 65: That's a decent discussion!

66 – 75: There's genuine hope for the world.