

The Rebel Conversation self-audit

Answer honestly — yes, no or maybe.

From Jane Hutcheon's *Rebel Talk: the Art of Powerful Conversations*

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	Yes	No	Maybe
1. I tend to talk over the top of other people			
2. I feel comfortable talking with anyone I meet			
3. My partner/close friend/parent tells me I lecture her/him			
4. I feel fearful and/or anxious when talking with someone for the first time			
5. I am a confident, fluent conversationalist			
6. I stumble and/or mumble when I'm having a conversation			
7. I am confident at initiating conversations			
8. I make eye contact when speaking with someone			
9. I tap my foot, fiddle with jewellery or hair when I speak with someone			
10. I don't remember my conversations because they're not that interesting			
11. I'm an excellent listener			
12. I'm comfortable being in an argument			
13. I avoid conflict at all cost			
14. Other people feel uncomfortable around me but I'm not sure why			
15. I've heard myself described as a know-all			
16. I've never thought about the power of questions before			
17. At meetings/conferences I linger in the middle of the room and say very little except to people I know			
18. Conversation isn't a difficult skill. You just open your mouth and speak			
19. I know several people at work who qualify as 'loudmouths' but I am definitely not one of them			
20. I often pick-up shortcomings in other peoples' conversation skills			
21. People often ask me for my opinions			
22. I enjoy giving people advice because it helps them			

Did the self-audit shine a light on some things you were aware of subconsciously?

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