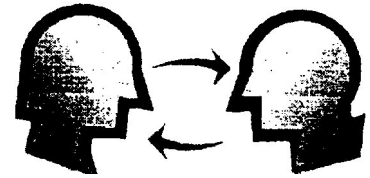


OPENNESS TO HEARING THE TRUTH



Instructions: <i>Rate your openness to hearing the truth.</i>	
10	Intensely curious about what I can learn from this person's perception. feeling deeply appreciative of their willingness to speak so frankly.
9	Taking 100% responsibility for whatever is going on with me; acknowledging what I did, and finding out what I need to do to fix the situation.
8	Communicating the full truth about what I am experiencing; examining any agreements I have broken in the past.
7	Generously listening; openly exploring my feelings and related patterns; sharing my personal experiences at a deep and self-disclosing level.
6	Turning all complaints into requests about how I'd like it to be.
5	Polite interest, mentally paying attention but not emotionally connected.
4	Polite disinterest, listening partially while mentally justifying your point of view or what you did.
3	Finding fault with the way the message is being delivered; focusing on <i>how</i> , not <i>what</i> they are communicating; evaluating the speaker.
2	Misperceiving what the person is saying as an attack on who I am, and getting defensive. frustrated, and angry.
1	Creating a story of non-ownership, which explains how the person has misperceived the situation; justifying why I didn't keep the agreement; making the issue someone <i>else's fault</i> .
0	Compounding the problem by not telling the truth (e.g. saying the check is in the mail when it isn't); executing the messenger.

Adapted from books, lectures, and research by Kathlyn Hendricks, PhD and Gay Hendricks, PhD