

The Active-Empathic Listening Scale (AELS)

Version: General, Self-Report

Please read each statement and indicate how frequently you perceive it is true about you using the following scale:

- 1 =Never or almost never true
- 2 =Usually not true
- 3 =Sometimes but infrequently true
- 4 =Occasionally true
- 5 =Often true
- 6 =Usually true
- 7 =Always or almost always true

Sensing

I am sensitive to what others are not saying.
I am aware of what others imply but do not say.
I understand how others feel.
I listen for more than just the spoken words.

Processing

I assure others that I will remember what they say.
I summarize points of agreement and disagreement when appropriate.
I keep track of points others make

Responding

I assure others that I am listening by using verbal acknowledgements.
I assure others that I am receptive to their ideas.
I ask questions that show my understanding of others' positions.
I show others that I am listening by my body language (e.g., head nods).

Notes: Items should be randomized prior to administration. If used for research purposes please cite as follows:

Bodie, G. D. (2011). The Active-Empathic Listening Scale (AELS): Conceptualization and evidence of validity with the interpersonal domain. *Communication Quarterly*, 59, 277-295.