

A LISTENING CHECKLIST

This listening checklist is used as one of therapeutical tools of Tomatis Method®. Its role is to refer about difficulties, both in physical and physic area which we have to face in our daily life, but sometimes they are more serious. The ear is a sensory organ which mediates perception and production of speech, balance and coordination of our body. Furthermore it works as a dynamo, energy supplier for our brain. The ear is very important.

Receptive Listening

Everything what we perceive through our ear is so-called receptive listening – sounds of speech (the voice of our colleague/teacher), non-speech sounds (sound of driving car), music.

- short attention span
- distractibility
- oversensitivity to certain sounds
- misinterpretation of questions, requests
- confusion of similar sounding words
- frequent need for repetition
- inability to follow more than 1 or 2 sequential instructions

Expressive Listening

While speaking we are checking our own voice, so we can control what we say and make some corrections when needed (stumbling, word order).

- flat and monotonous voice
- hesitant speech
- weak vocabulary
- poor sentence structure
- overuse of stereotyped expressions
- inability to sing in tune
- confusion or reversal of letters
- poor reading comprehension
- poor reading aloud
- poor spelling

Energy and Motivation

The ear acts as a dynamo. The sound which we perceive through the ear provides energy for our brain.

- difficulty getting up
- tiredness at the end of the day
- habit of procrastinating
- hyperactivity
- tendency toward depression
- feeling overburdened with everyday tasks
- difficulty planning and organizing

Psyche, Behavioral and Social Adjustment

The ear is the most important “provider” of energy for our brain, so disturbing of his function can bring some difficulties.

- low tolerance for frustration
- poor self-confidence
- shyness
- difficulty making friends
- tendency to withdraw, avoid others
- irritability
- immaturity
- low motivation, no interest in school/work
- negative attitude toward school/work
- non-collaborative problem solving

Motor Skills

These abilities are connected to vestibule system in inner ear which controls balance, coordination and body schema.

- poor posture
- fidgety behavior
- clumsy, uncoordinated movements
- poor sense of rhythm
- messy handwriting
- confusion of left and right
- mixed dominance
- poor athletic skills

Developmental History

Difficulties with listening can be caused by some of these events.

- a stressful pregnancy
- difficult birth
- adoption
- early separation from the mother
- delay in motor development
- delay in language development
- recurring ear infection