Music Listening Self – Assessment:
This worksheet is based off of a Music Therapy assessment by Chlan & Heiderscheidt (2009), with adaptations by Caleb Haehl, IUPUI Music Therapy Student, and Natasha Thomas, IUPUI Music Therapy Faculty. You can use the following questions to help you map out your personal music preferences for listening and consult your answers whenever you’re encountering a feeling or situation that music listening may support you in processing.

In what environments do you typically encounter music? (Check all that apply)

LISTENING
__ on the radio (in the car or home)
__ in movies or TV/streaming media
__ attending or viewing concerts/Live performances
__ attending or viewing sporting events
  or other social gatherings where music is present (BBQs, etc.)
__ for religious or spiritual purposes (alone or in a church environment)
__ on a mobile device or home speaker, alone
__ on a home speaker or mobile device, with others
__ while studying or working (as background noise)
__ during workouts or other physical activity/exercise
__ while doing housework or other menial tasks

CREATING
__ playing an instrument or singing (solo/alone)
  Do you share these performances or prefer to perform just for yourself? __________
__ playing an instrument or singing in a group or ensemble with others
  Where do you play/sing?____________________________________________________
__ composing (on paper, or with recording/beatmaking software)
  Do you share these compositions or prefer to create just for yourself? __________

Any other ways you engage with music? ______________________________________

For what reasons do you like to engage with music? (Check all that apply – you may wish to further specify your answers by marking some areas with an L for listening or a C for creating)

__ relaxation                   __ stress reduction
__ pure enjoyment              __ for ambience                   __ to pass time
__ for energy/exercise         __ concentration/focus
__ for relationship building/sense of community with family/friends
IF YOU USE MUSIC FOR RELAXATION or STRESS REDUCTION

What instruments or instrumental sounds do you feel relax you (check all that apply)

___ Orchestral  ___ Harp  ___ Rock/Metal guitar  ___ Bass guitar
___ Vocal  ___ Flute  ___ Folk/Classical guitar
___ Piano  ___ Saxophone  ___ Percussion/drumming
___ Brass or horns  ___ Clarinet/Oboe  ___ World instruments (name: _________________)
___ Rain Sounds  ___ Ocean Waves  ___ Wind or White Noise

Electronic sounds: ___ (heavy bass)  ___ higher/brighter sounds  ___ ambient/light

List a few genres or artists that you feel help you achieve the feeling of relaxation (i.e. classical, jazz, New Age, etc.):

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

IF YOU USE MUSIC FOR PURE ENJOYMENT, AMBIENCE, or TO PASS TIME

What instruments or instrumental sounds do you enjoy (check all that apply)

___ Orchestral  ___ Harp  ___ Rock/Metal guitar  ___ Bass guitar
___ Vocal  ___ Flute  ___ Folk/Classical guitar
___ Piano  ___ Saxophone  ___ Percussion/drumming
___ Brass or horns  ___ Clarinet/Oboe  ___ World instruments (name: _________________)
___ Rain Sounds  ___ Ocean Waves  ___ Wind or White Noise

Electronic sounds: ___ (heavy bass)  ___ higher/brighter sounds  ___ ambient/light

List a few genres or artists that you feel help you to pass time or provide enjoyable ambiance (i.e. classical, jazz, New Age, etc.):

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
IF YOU USE MUSIC FOR ENERGY/EXERCISE or CONCENTRATION/FOCUS

What instruments or instrumental sounds do you feel energize or focus you (check all that apply – you may wish to further specify your answers by marking some areas with an E for energizing or exercising, or a C for concentration)

__ Orchestral __Harp __Rock/Metal guitar __ Bass guitar
__ Vocal __Flute __Folk/Classical guitar
__ Piano __Saxophone __Percussion/drumming
__ Brass or horns __Clarinet/Oboe __ World instruments (name: _________________)
__ Rain Sounds __ Ocean Waves __ Wind or White Noise

Electronic sounds: ___ (heavy bass) __ higher/brighter sounds ___ ambient/light

List a few genres or artists that you feel help you achieve the feeling of energy or focus (i.e. classical, jazz, New Age, etc. You can specify if you use different types of music for each):

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

IF YOU USE MUSIC FOR RELATIONSHIP BUILDING/SENSE OF COMMUNITY

What instruments or instrumental sounds do you feel connect you with the people you care about (check all that apply – these may be culturally significant sounds to you, or sounds that remind you of family or growing up)

__ Orchestral __Harp __Rock/Metal guitar __ Bass guitar
__ Vocal __Flute __Folk/Classical guitar
__ Piano __Saxophone __Percussion/drumming
__ Brass or horns __Clarinet/Oboe __ World instruments (name: _________________)
__ Rain Sounds __ Ocean Waves __ Wind or White Noise

Electronic sounds: ___ (heavy bass) __ higher/brighter sounds ___ ambient/light

List a few genres or artists (or specific songs!) that you feel help you achieve the feeling of connection to others (i.e. classical, jazz, New Age, etc. You can specify if you use different types of music for each):

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Are there any environments or ways of engaging with music that you’ve never tried before but might want to experience in the future? (Check all that apply)

LISTENING
__ attending or viewing concerts/DJ sets/Live performances
__ attending or viewing other social gatherings where music is present (sporting events, BBQs, etc.)
__ for religious or spiritual purposes (alone or in a church environment)
__ for dance, during workouts or other physical activity/exercise
__ while doing housework or other menial tasks

CREATING
__ playing an instrument or singing (solo/alone)
__ playing an instrument or singing in a group or ensemble with others
__ composing (on paper, or with recording/beatmaking software)

List a few resources in your community (you may need to engage the help of Google or ask people in your social networks!) that might help you achieve some of these experiences:


References: