

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 ambiance
- 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, AMBIANCE, 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:

Chan, L., Heiderscheidt, A. (2009). A tool for music preference assessment in critically ill patients receiving mechanically ventilatory support. *Music Therapy Perspectives* 27(1). pp.42