

# Forming and Using Reflective Statements

**Overview:** Gain practice in providing reflective statements using varying sentence stems.

1. **Partner 1** begins by talking about a topic (something you're thinking about changing but haven't done so yet, a decision you're facing, a challenging situation, a dilemma, other) for about 30 to 45 seconds. **Partner 2** responds with a reflective statement choosing from the various sentence stems listed below. **Partner 1** responds to the reflective statement by continuing to talk for another 30 to 45 seconds, after which **Partner 2** responds with another reflective statement.
2. Continue this back and forth conversation for as long as you wish. Debrief and then switch roles and repeat the exercise.

**NOTE:** As you get more comfortable with providing reflections, begin to deepen them by making reasonable guesses about what the person is saying, thinking, feeling, or meaning. Also, use them to guide the conversation, e.g., to show you're listening, to convey empathy, to explore ambivalence, to highlight change talk and soften sustain talk, and to move towards planning.

Sample sentence stems:

- Sounds like...
- You're saying that...
- You're feeling like...
- Almost as if...
- It's like...
- It feels like...
- For you, it's a matter of...
- From your point of view...
- As you see it...
- You...
- You're wondering
- You really ...
- You believe...
- Your concern is that...
- Your fear is that...
- It seems that...
- You're not terribly excited about...
- You're not much concerned about...
- On the one hand... on the other hand...
- You feel so...
- It's really important to you that...
- You're not really...
- You feel as though...
- What I heard below the surface was...
- You're hoping...
- (Others)