

## Forming Reflective Listening Statements:

Reflections have the effect of encouraging the other person to elaborate, amplify, confirm, or correct.

- **Ways to begin the statement:**

*So you feel....*

*You're wondering if....*

*You are...*

*You think...*

*You want to...*

*It sounds like ....*

*It seems that....*

*So you are saying that...*

*It's as though...*

*You don't think that...*

- **Tone of voice turns down at the end of the statement**
- **Metaphors and similes**

*Kind of like...*

*It's as though...*

- **Continuing the Paragraph**

Reflections ideally move forward rather than simply repeating what the client has said. In essence, the counselor is making a guess as to what the client's next sentence will be, instead of merely echoing the last one.

- **Understate vs. Overstate**

**“We awaken in others the same attitude of mind  
we hold toward them”**

- E. Hubbard

1. What participant behaviors or actions do you feel most judgmental about?
2. Describe your judgment in detail, including your opinions about the behaviors and actions.
3. How does your judgment come across in the way you interact with participants?
4. What ideas do you have for managing and moving beyond judgments?