

## Activity: Forming and Using Reflective Statements

**Overview:** Gain practice in providing reflective statements using varying sentence stems. You will need a learning partner for this activity.

1. **Partner 1** begins by talking about a topic (something you're thinking about changing but haven't done so yet, decision you're facing, challenging situation, dilemma, other) for about 30-45 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 30-45 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 if you wish.

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

*Stems list adapted from Community Care of North Carolina MI Resource Guide*