

## Exercise: Forming Deeper Reflections Reference

- Statements, not questions
- States an hypothesis, makes a guess about what the person means (rather than asking)
- Voice goes down
- Starts with.....
  - You....
- Can amplify meaning or feeling
- Can be used strategically – Overshooting or Undershooting
- There's no penalty for missing
- In general, a reflection should not be longer than the speaker's statement
  
- Amplified – emphasizes content, shifts focus or understanding
- Affective - reflects emotions, either stated or implied
- Double-sided
  - Reflects both sides of ambivalence
  - Order is important
  - Begin with side that supports status quo
- Deliberate Overshoot
  - Attempt to move listener away from a position
  - Beware of sarcasm
- Content vs. Meaning
  - Content reflections are short summaries
  - “*What did she say*”
- Meaning reflections add the next sentence to the story
  - “What did he mean?”

### Examples

- You are feeling.....
- You are not happy with....
- You are a bit uncomfortable about ....
- You are having trouble.....
- You are conflicted about .....
- You're not ready to....
- You're having a problem with ....
- You're feeling that.....
- It's been difficult for you....
- You're struggling with.....