



EXERCISE: FORMING REFLECTIONS



SMART
Family & Friends

Practice your reflective listening skills in the following scenarios, using the following starter phrases:

So you feel...

It sounds like you...

You're wondering if...

You...

1. Speaker says: "One thing I like about myself is that I am a good judge of character."

Listener: Write at least three reflective statements below and then practice saying them aloud as a statement (inflection turned down at the end).

2. Speaker says: "One thing you should know about me is that I like to party!"

Listener: Write at least three reflective statements below and then practice saying them aloud as a statement (inflection turned down at the end).

3. Speaker says: "One thing I would like to change about myself is my tendency to run out of money before the week is out."

Listener: Write at least three reflective statements below and then practice saying them aloud as a statement (inflection turned down at the end).

