



Helpful Hints

Reflections are statements and not questions.
 Stay away from “What I hear you say is...” and other overused phrases
 Focus on change talk when reflecting

Listen

Mindfulness
 Acceptance
 Positive Regard
 Non-Judgment
 Body Language
 Eye Contact

Learn

Curiosity
 Wonder
 Explore
 Interest
 Authenticity
 Fascination

Hypothesize

Guess
 Values
 Meaning
 Complete Thought
 Take to Next Step
 Conclude

Complex Reflection -An interviewer reflection that adds additional or different meaning beyond what the client has just said; a guess as to what the client may have meant

Some Types of Reflections

Simple Reflection	Repeating what client says with minimal changes in content or meaning.
Reflection of Meaning	Stating back essential meaning of what is being, or a guess at the meaning
Reflection of Observation	Stating back observations
Reflection of Feeling	Stating back feelings expressed, implied or observed
Reflection of Ambivalence	Stating back feelings of ambivalence and uncertainty
Reflection of Change Talk	Selectively Stating back change talk of a client
Double Sided Reflection	Stating the sustain talk then change talk, highlighting ambivalence

