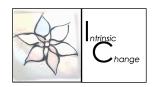
## **Reflection Breakdown Worksheet**



Client Statement:	
Change Goal:	
Change Talk:	Sustain Talk:
Example Reflection Stems	
You	You feel like
Sounds like	It seems like
So what you are saying is	I hear
Meaning #1:	Reflection #1:
Meaning #2:	Reflection #2:
Meaning #3:	Reflection #3:
Meaning #4:	Reflection #4:

