

Examples of Reflective Listening:

SIMPLE REFLECTIONS



Client: "I am so ready for the summer to be over"

Friend: "You're ready for the summer to be over"

COMPLEX REFLECTIONS



Rephrasing:

Client: "I feel really angry every time I have to go see my case manager!"

Friend: "Seeing your case manager is something that you really don't want to do."

Paraphrasing:

Student: "I have been thinking about moving out of my parent's house this summer and living on my own so that I stop depending on them for everything"

Friend: "You are ready to take a risk and make it on your own."

Reflection of Feeling:

Student: "Is College really worth all the money, time and energy that it takes to get through it?"

Friend: "You sound tired and frustrated and wondering if college really is worth the sacrifices you are making"