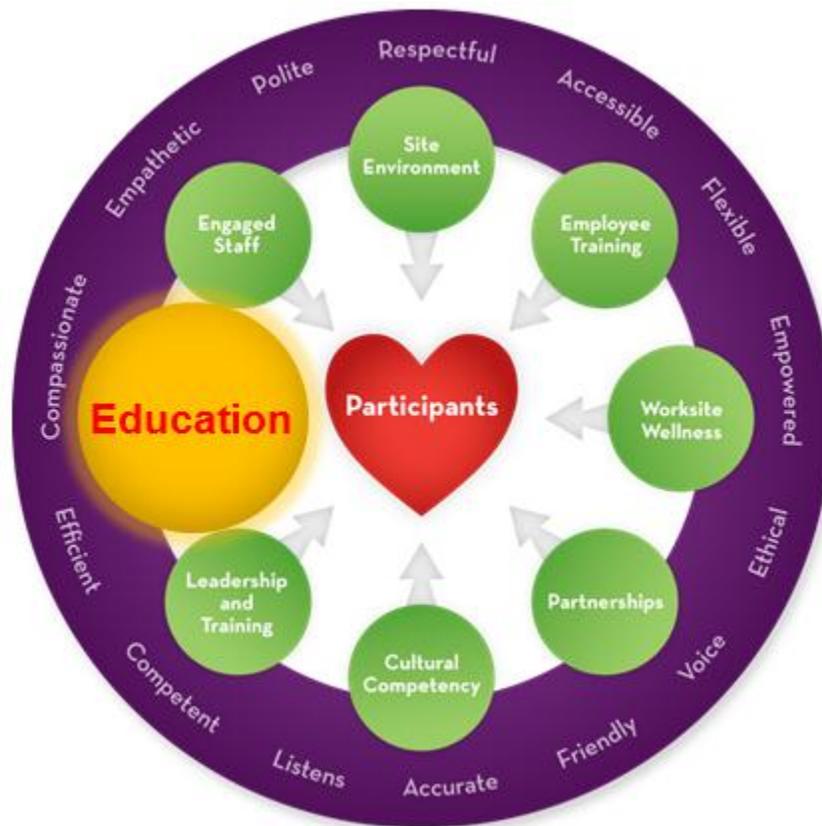


# Reflection

## Participant Centered Education

### Trainee Workbook



## Activity 2

**Reflective Listening: Reflections let someone know the listener understands them.**

### Reflections

- Let participants know that you understand them
- Can help participants realize their own reasons for change and their own possible solutions

- **Two steps:**

- **Guess the Meaning**
- **Make a Statement**

- **Reflective listening is a statement, not a question. Voice inflection turns down.**

- **Ways to open:**

So you feel...

You're wondering if...

You're feeling...

What I'm hearing you say is...

It sounds like you...

It seems to you that...

So you...

I'm getting a sense that...

- **Pay more attention to what you hear, not what you are going to say.**

- **Reflection Statements**

- Should be sincere
- Shouldn't be a word-for-word repetition (Avoid parroting)

## Activity 4

### REFLECTION STATEMENTS

Write down how you'd reflect each statement:

So you feel... What I'm hearing you say is... So you...	You're wondering if... It sounds like you...	You're feeling... It seems to you that... I'm getting a sense that...
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**1. Every time I take away the bottle, he just cries.**

REFLECTION:

**2. I can't get my kids to eat vegetables.**

REFLECTION:

**3. I've heard breastfeeding can be painful.**

REFLECTION:

**4. It's really hard to find time to exercise—and eat well—when I've got two little ones at home.**

REFLECTION:

**5. I like to eat healthy, but my husband is always giving the kids junk food.**

REFLECTION:

**6. I mean, what's the problem with his weight?**

REFLECTION: