

Curiosity

ASK a powerful Question

(I wonder if you....)

(What if)

Validation

**AFFIRM an emotion,
value, or action**

(I can see how hard this is for you)

Reflect Back

RE-STATE in your own words

(What I'm hearing you say is...)

Double- Emotion

**SHARE conflicting
emotions you hear/see**

(It seems that you are feeling both ____ and ____.)

Connect

**RELATE to the experience
without giving advice**

(I want to share with you that I have
also experienced ____.)

Tough Love

(Is ___ what you really want?
What if you are giving up too easily?)

Physical Noticing

(I just noticed that you ____.)

Picture It

(What is an image that comes up for you?)

If that part of you were a character, what would it be?)

Physical Check-in

(How does your breath shift when you talk about that?
What does it feel like inside?)