

# Come From Descriptions

PIZZA SLICE COME-FROM	DEFINITION	EXAMPLE
Curiosity	<b>ASK</b> a powerful question	<b>I wonder if you...</b> <b>What if...</b>
Validation	<b>AFFIRM</b> an emotion, value, or action	<b>I can see how hard this is for you.</b>
Reflect Back	<b>RE-STATE</b> in your own words	<b>What I'm hearing you say is...</b>
Double Emotion	<b>SHARE</b> conflicting emotions you hear/see	<b>It seems that you are feeling both _____ and _____ .</b>
Connect	<b>RELATE</b> to the experience without giving advice	<b>I want to share with you that I have also experienced _____ .</b>
Tough Love	<b>INVITE</b> a tough decision	<b>Is _____ what you really want?</b> <b>What if you are giving up too easily?</b>
Physical Noticing	<b>CONNECT</b> a physical action to the conversation	<b>I just noticed that you _____ ,</b> <b>what do you think that means?</b>