

Notes

1. Words (no translating, no interpreting)
2. Did I get that?
3. A summarized reflection of everything I heard them say starting with, "I'm hearing you say..." and then asking, "Did I get that right?" at the end.
4. After the talker is complete summarize everything they said in a few sentences, ask "Did I get that?"
5. Then end with validation "that makes sense because"
6. Share your emotional experience, "Hearing that I felt..." (happy, sad, angry)

Number

Emotion

Sensation

Thoughts

Resource