

REFLECTING WITHOUT WRITING

Talking It Through

Reflect through a supported conversation

A practical guide with no written answers required.

START HERE

A way to reflect that fits you

Reflection can happen in a conversation. You might hear yourself understand something as you speak, or notice what feels important when another person listens without rushing to advise. You do not need to tell the whole story or find perfect words.

What this approach can offer

This approach may suit you if talking feels easier than writing, if a thought becomes clearer aloud, or if you would like another person nearby. You can speak, use short phrases, gesture, point to choices, communicate through AAC, or let the other person ask one question at a time.

Set it up gently

Choose someone you feel reasonably safe with and a setting that gives you enough privacy and comfort. You might agree beforehand: "I want you to listen first. Please ask before giving advice." If another person is not available, you can speak aloud to yourself or use the guided questions as a quiet self-conversation.

When it may be useful

You can use a conversation after a confusing interaction, before a choice, or simply to notice what felt easier today. It does not have to begin with a problem.

A few reminders

- There is no right answer or correct way to take part.
- You can use a word, gesture, choice, image, AAC, pause or silence.
- You can skip, change or stop the activity at any point.

You are the person who decides what your response means.

TRY IT

A short guided practice

Move through these steps at your own pace. You can do one step and stop, or ask someone you trust to read each step aloud.

1. Choose a small focus

Think of one moment, feeling, preference or decision from today. Keep the focus small enough to approach without explaining everything.

2. Try the method

- Step 1. Name what you want from the conversation: to be heard, to make sense of a feeling, to decide a next step, or simply to have company.
- Step 2. Begin with the part that is easiest to say. It can be a single word, a recent moment, or "I am not sure where to start."
- Step 3. Pause and notice what happens as you speak. Does a detail feel important? Does your first explanation still fit, or has another possibility appeared?
- Step 4. Invite a gentle question such as "What feels most important about that?" or "What would help now?" You can decline any question.
- Step 5. End when you have had enough. Choose whether you want quiet, practical help, reassurance, a plan, or no response yet.

3. Let a question guide you

- What part of this feels easiest to say first?
- What do I hope the other person understands?
- Would I like listening, ideas, help or a pause?

A short example

For example, a change of plans leaves you unsettled. While talking, you notice that uncertainty is harder than the new plan itself. You ask for clearer information without deciding that everything has gone wrong.

4. Choose how to finish

Notice whether you want to continue, pause, ask for support, take one practical step or leave the reflection unfinished. No written record is needed.

MAKE IT YOURS

Adapt the activity to your needs

The method should fit the person, not the other way around. Keep what helps and change anything that adds pressure.

Ways to adapt

- Talk while sitting side-by-side, walking at a comfortable pace, or communicating by phone or message if face-to-face feels intense.
- Ask for extra processing time, a clear question, less eye contact, a quieter place, or permission to pause.
- If speech is tiring or unavailable, use gestures, AAC, yes/no choices, a picture, or ask the listener to offer a few options without insisting.

Keep it workable

If talking gets tiring, agree on a short check-in or use a one-word answer. A listener can reflect back one point, then wait. Silence, a pause or a change of topic can be part of the conversation.

When to pause

A supportive conversation is not a demand to disclose. If the other person feels unsafe, dismissive or pressuring, stop and seek a safer source of support.

Take something with you

You do not have to reach a conclusion. Being heard, noticing one new detail, or deciding what you need next can be enough.

A gentle reminder

Reflection can be spoken, shown, felt, chosen, moved through or shared. You do not have to turn an experience into writing for it to matter.

For more support, you can speak with someone you trust or a qualified professional. Space to Breathe Therapy can be contacted to ask whether its support may be right for you.