



# Reflective Listening Practice

**Directions:** Read the following example and then summarize what the speaker is saying. Do not add to or take away from, what they are saying. Remember, when you are reflecting you are not saying that you agree or disagree with what is being said. Lastly, do not fall into the trap of trying to resolve the problem-- just reflect it.

## Tips for Reflective Listening:

- Determine if the speaker used a feelings word to describe his emotions. If he did not, identify a feelings word that represents how you think he is feeling.
- Summarize what the speaker said.
- Include in your reflection what you heard as the speaker's specific request.
- Do not respond to any of the content of the message, just reflect.

Example #1:

### REFLECTING WHAT YOUR CHILD TELLS YOU

Your child says: **"I hate it when Daddy asks me questions about you and your new boyfriend. He wants to know every time you two are together. He also wants to know how much money you are spending on me. I just don't know what to tell him. If I tell him these things, then I feel really bad, like I'm a spy. But if I don't answer him then he gets really angry and tries to make me feel sad for him! He even said that I love you more than him! I hate being divorced!"**

Reflect back:

---

---

---

---

---

---

---



