

Come From Descriptions

PIZZA SLICE COME-FROM	DEFINITION	EXAMPLE
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	INVITE a tough decision	Is _____ what you really want? What if you are giving up too easily?
Physical Noticing	CONNECT a physical action to the conversation	I just noticed that you _____ , what do you think that means?