

REFLECTIVE LISTENING

1. Listen to what is said.
 2. Pick up on the *feeling* being expressed, even if it is not stated.
 3. Respond by noticing the possible feeling to the mentoree.
- Your response will open up conversation. A closed response will shut down further exploration.

Statement	Closed response	Open Response
I wish we had more couple friends.	Have you tried a small group?	Seems like as a couple you feel kind of <i>lonely</i> .
I (husband) just need a break when I get home.	I'm sure Sally would like a break too.	You must feel <i>tired</i> when you get home.
John is gone a lot and a lot is left to me.		
Christin's volunteer work is out of control.		
I wish Tom took more of an active role with the kids.		
She just gets so emotional.		
Everytime we try to talk about that he leaves the room.		
Our son is a handful.		

Useful leads for Reflective Listening:

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|---|-----------------------------------|
| It sounds like you're feeling | It seems as if |
| I get a picture of | What I hear you saying is |
| Could it be that | It must have been |
| I'm wondering if you're thinking . . . | You must feel |