

## Simple Reflective Listening Exercises

Remember the key components:

- Voice goes down at the end
- Doesn't offer much interpretation
- Don't hesitate

### Buddy Exercise 1

Talker shares one tricky case / patient you're seeing at the moment. Listener then offers a mirror or simple reflection.

Talkers - how did it feel?

### Real World Practice

Start using simple reflections in daily conversation.

Try to offer 3 reflections in a row before asking a question

### Group Exercise 1

Same as before, but this time each member of the group offers a reflection.

Talker pick the order, but doesn't respond at this stage

### Group Exercise 2



Same as before, but this time the talker responds to the initial reflection, adding a little more information. The next listener responds to that.

