

Levels of Reflection – Three in a Row

Adapted from exercise by David Rosengren, Ph.D.

Goals:

- To help participants develop skill in generating different levels of response
- Use multiple contacts to hear multiple styles

Structure:

- Groups of four in breakout rooms.

Exercise:

1. First Speaker chooses one of the 5 statements to read out loud 3 times
 - a. Listener one gives simple reflection
 - b. Listener two gives deeper (paraphrase)
 - c. Listener three gives deepest (feeling, metaphor)
 2. Switch roles until all four participants have played the Speaker role
 - a. Rotate so that each participant provides all three levels of reflection
- Speaker - in addition to reading the statements, pay attention to the different types of responses you hear. Be prepared to offer what reflections seem to work best and why.

<p>“I know I shouldn’t but sometimes I just can’t help but spank my son when he is not doing what I ask him to do.”</p>	Simple
	Deeper
	Deepest
<p>“If my husband wouldn’t be so insistent that I quit smoking maybe I would smoke less.”</p>	Simple
	Deeper
	Deepest
<p>“I smoke up (marijuana) about as often as my friends; I don’t see what is such a big deal.”</p>	Simple
	Deeper
	Deepest
<p>“I believe there are people that need to quit smoking if it’s hurting them. I don’t think that’s me, but I’m here to listen.”</p>	Simple
	Deeper
	Deepest
<p>“I’ve tried everything and nothing seems to be working. So I don’t know what to do.”</p>	Simple
	Deeper
	Deepest