



# REFLECTIONS

Here are some examples of each of the 8 types of reflections. Use these for a basic guide and practice adding your own style and client scenarios in for fun. Remember, this art form takes a lot of practice – as all do – but it can be a lot of fun while you’re learning! Don’t take yourself too seriously and you’ll do great! Let’s hear some laughter...

**Simple reflection or parroting:** tells your client/patient that you understand the meaning of their words.

**C:** I don’t really have an alcohol problem. I just have to manage all this anxiety when I’m at work.

**P:** *The real reason you drink is because you feel anxious at work.*

**C:** I had thought I might be eating too much sugar but I haven’t missed it for several days now.

**P:** *So if you had been eating too much sugar you would certainly have missed it after this many days.*

**C:** I smoke because I smoke. There is no particular mood or event that led to smoking for me.

**P:** *There’s no pattern to your smoking; you smoke because you choose to smoke.*

**Amplified reflection or taking it up a notch:** taking what your client/patient has said and adding a bit; exaggerating what they have said in an effort to raise awareness of the need for change or build discrepancy.

**C:** I don’t have a problem unless my friends come by to party. They don’t have to work so they can stay out all night.

**P:** *So you can make your own choices except when these friends make you party.*

**C:** I doubt that there is a problem at work. I don’t have difficulties doing my work.

**P:** *As long as your work is getting done, everything is OK then.*