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

(Is ____ what you really want?
What if you are giving up too easily?)
Physical Noticing

(I just noticed that you ____.)
Picture It

(What is an image that comes up for you?
If that part of you were a character, what would it be?)
Physical Check-in

(How does your breath shift when you talk about that? What does it feel like inside?)