

You will use this handout for most of the exercises that follow.

Surface reflections stay close in content but keep the conversation moving. Remember to consider carefully on which elements you wish to focus.

Deeper reflections go below the surface and help us and the client understand what might lie beneath.

Double-sided reflections include both sides of the ambivalence.

Amplified reflections add some intensity to the resistant part of the statement.

Agreement-with-a-twist involves either a reflection or a statement of agreement, followed by a reframe.

Reframing places a client's statement in a new light, a new perspective. This approach often involves recasting the discordant or sustain talk element.

Coming alongside (or *siding with the negative*) responses acknowledge that this may not be the right time, place, or circumstance for change.

Emphasizing personal choice and control responses make the obvious, obvious. Such a response reminds clients that only they can choose to change their behavior. In the end, it is entirely up to them to decide if a change is needed and how that change will happen.

Shifting focus responses acknowledge that the current area feels unproductive and shift to an area that may be more helpful or productive for the client. This shift may be accomplished by a reflection, summary, question, or a combination of these.

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