Deepening Reflections

For this activity read the client statements then consider how you might respond to the statements using various reflection techniques.

Here is a reminder of each form of reflection:

- **Paraphrase**: Moves well beyond the client’s words and presents information in a new light
- **Amplified**: Amplifies or exaggerates what has been said to the point where the client may disavow or disagree with it
- **Double-sided**: Reflects both parts of the client’s ambivalence
- **Affective**: Addresses the emotion either expressed or implied

Here are some examples of what each type of reflection could sound like:

“I love drinking, but something has got to give. I just can’t go on like this anymore”

- **Paraphrase**: Your love of drinking has come at a cost.
- **Amplified**: Drinking is the most important thing in your life
- **Double-sided**: On the one hand, you love drinking and on the other, you can see the risks if this continue.
- **Affective**: You’re a bit worried about the future risks drinking poses.

**Instructions**: Try and come up with your own reflections for the following example statements.

*Note that sometimes certain reflections may not fit as well (e.g. amplified reflections).*
1. I know I could do some things differently, but if they would just back off, then the situation would be a whole lot better; then these things wouldn’t happen.

Paraphrase:

Amplified:

Double-sided:

Affective:

2. I’ve been depressed lately. I keep trying things other than food to help myself feel better, but nothing seems to work, except eating crap. Of course I always feel worse after eating that.

Paraphrase:

Amplified:

Double-sided:

Affective: