

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: