

Tool 8.3: Form reflective statements

Date:

Practice your listening skills by writing a reflective statement for each prompt below. Practice saying it out loud, too. Add your own prompts in the blank spaces if you'd like. (Is there something your loved one has told you about themselves?)

The speaker says...	You respond...
"One thing I like about myself is that I'm a good judge of character."	
"One thing you should know about me is that I like to party!"	
"One thing I'd like to change about myself is my tendency to run out of money before the week is out."	