

Reflection Breakdown Worksheet



Client Statement:	
Change Goal:	
Change Talk:	Sustain Talk:

Example Reflection Stems	
You...	You feel like...
Sounds like...	It seems like...
So what you are saying is...	I hear...

Meaning #1:	Reflection #1:
Meaning #2:	Reflection #2:
Meaning #3:	Reflection #3:
Meaning #4:	Reflection #4:

