

## Appendix E2

### Reflective Listening

Adapted from: Rosengren, D. B. (2009). *Building motivational interviewing skills*. New York: The Guilford Press. (Exercise 3.4 page 51-53)

This exercise is designed to allow you to practice your reflective listening skills. Read the sentence stem and write down three different responses to each item. Each should emphasize a different aspect of the statement. Here is an example:

*I enjoy my possessions, but they are starting to take over my life. I just can't go on like this anymore.*

1. You like your things.
2. You're worried about what might happen.
3. It's time for a change.

*I know I could do some things differently, but if she would just back off, then the situation would be a whole lot less tense; then these things wouldn't happen.*

- 1.
- 2.
- 3.

*I've been depressed lately. I haven't been able to stop buying things or bringing things home. I try to stop, but nothing seems to make me feel better, except for keeping these things close.*

- 1.
- 2.
- 3.

*So, I'm not too worried, but I'm having some problems with my home. My landlord says the living conditions are unsafe.*

1.

2.

3.

*I know I'm not perfect, but why do they always tell me what to do. I'm not 3!*

1.

2.

3.

*My daughter thinks I should throw some of my things out. But they're my things! I can't get rid of them, and she won't back off.*

1.

2.

3.

## Appendix E3

### Reflective Listening - Sample Responses

*I know I could do some things differently, but if she would just back off, then the situation would be a whole lot less tense; then these things wouldn't happen.*

1. You wish she would give you some space.
2. You'd like things to be less tense.
3. You could do some things differently.

*I've been depressed lately. I haven't been able to stop buying or bringing home things. I try to stop, but nothing seems to make me feel better, except for keeping these things close.*

1. You've been feeling down.
2. Your possessions make you feel less depressed.
3. You would like it if something other than your "stuff" made you feel better.

*So, I'm not too worried, but I'm having some problems with my home. They say the living conditions are unsafe.*

1. The problems with your home make your living situation unsafe.
2. You're having problems with your home.
3. You're a little worried.

*I know I'm not perfect, but why do they always tell me what to do. I'm not 3!*

1. Sometimes you make mistakes.
2. It bugs you when they tell you what to do.
3. You feel like you are being treated as a child.

*My daughter thinks I should throw some of my things out. But they're my things! I can't get rid of them, and she won't back off.*

1. She's been arguing with you.
2. She is concerned about your behavior.
3. She doesn't see how much you care about your things.