

LOST FOR WORDS?

SENTENCE STEMS



You ever find yourself supporting another person through a challenging time, and **not know what to say next**? It is okay, as this happens to us all regardless of how much experience we have supporting others. When we're at a loss for words, oftentimes all we need is a little nudge in the right direction to find the supportive pathway to guide the conversation towards. Check out these **sentence "stems"** below, as sometimes all you need is a stem to grow into a flower 🌻🌹🌻

ACTIVE LISTENING STEMS

- So...
- In other words...
- What I'm hearing, then... Is that correct?
- What I hear you saying is... Am I missing anything?
- I'm hearing many things...
- As I listen to you, I'm hearing... Is there anything else you feel I should know?
- I'm curious to hear more about...
- What would be most useful for us to talk about right now?



CLARIFYING STEMS

- Let me see if I understand...
- I'd be interested in hearing more about...
- It would help me understand if you'd give me an example of...
- So, are you saying/suggesting...?
- Tell me what you mean when you...
- Tell me how that idea is like (or different from)...
- To what extent is...?
- I'm curious to know more about...
- I'm intrigued by...
- I'm interested in...
- I wonder...

SENTENCE STEMS

REFRAME STEMS

- Would you be willing to explore your reasoning (or assumptions) about this?
- I'd like to ask you about... Is that okay?
- What's another way you might...?
- What would it look like if...? Is there any other way to see this situation?
- What do you think would happen if...?
- What sort of an effect do you think... would have?
- I'm noticing (some aspect of your behavior)... What do you think is going on?
- What criteria do you use to...?
- Who do you want to be in this situation?
- How do you want others to see you in this situation?



SUPPORTIVE STEMS

- I noticed how when you... others around us were... (to identify something that worked and why it worked)
- It sounds like you have a number of ideas to try out! It'll be exciting to see which works best for you!
- What did you do to make... so successful?
- I'm interested in learning (or hearing) more about... are you open to sharing?
- Your commitment is really inspiring to me.
- It sounds like you handled that in a very confident way.
- You did a great job when you...
- I'm confident that you'll be successful.



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FEELING STEMS

- I'm noticing that you're experiencing some feelings. Would it be OK to explore those for a few minutes?
- What's coming up for you right now? Would you like to talk about your feelings?
- Wow. I imagine I'd have strong emotions. What are you feeling?

INFORMATIVE STEMS

- There's a useful book on that topic by...
- An effective strategy to try could be...
- We can contact ___ for that resource.
- ___ is very effective at using that strategy; maybe we could connect with them?

REFLECTIVE STEMS

- Tell me about a previous time when you... How did you deal with that?
- I hear you're really struggling with... How do you intend to start?
- It sounds like you're unsatisfied with... What would you do differently next time?
- You've just talked about five different things you want to work on this week. The last thing you mentioned is... How important is this to you?
- How do you want to remember this time or situation in fifteen years?

