

# Reflective Communication Style Examples

## 1. In a Therapy Session

Understanding and empathizing with a client's feelings.

**Example:** "It sounds like you're feeling overwhelmed by these changes."

## 2. During a Conflict Resolution Meeting

Ensuring each party's viewpoints are accurately understood.

**Example:** "So, what you're saying is that you felt ignored in the meeting?"

## 3. In a Classroom Discussion

Engaging students through reflective questioning.

**Example:** "You mentioned X; how does that relate to our topic?"

## 4. In Customer Service

Showing customers their concerns are understood and valued.

**Example:** "I hear that you're frustrated about the delay. Let's see how we can resolve this."

## 5. During a Job Interview

Clarifying a candidate's responses to ensure mutual understanding.

**Example:** "So, your experience in project management involved overseeing teams?"

## 6. In a Team Debrief

Summarizing key issues to align team understanding.

**Example:** "From what I've gathered, the main issue seems to be communication breakdown."

## 7. In a Counseling Session for Couples

Helping partners understand each other's feelings and needs.

**Example:** "What I'm hearing is that you need more support at home."

## 8. **During a Manager-Employee Review**

Reflecting on employees' perspectives during performance evaluations.

**Example:** "It sounds like you're looking for more creative freedom in your role."

## 9. **In a Peer-to-Peer Feedback Session**

Affirming understanding of colleagues' feedback.

**Example:** "So, you're suggesting I could improve my reports by adding more data analysis?"

## 10. **In Parent-Child Conversations**

Parents using reflective listening to connect with their children.

**Example:** "You seem upset about school today. Do you want to talk about it?"

## 11. **In a Coaching Session**

Coaches mirroring clients' statements to clarify goals and obstacles.

**Example:** "You've mentioned feeling stuck; what steps have you considered to move forward?"

## 12. **During a Business Negotiation**

Ensuring all parties have a mutual understanding of terms.

**Example:** "If I understand correctly, you're proposing a 10% increase in the budget?"

## 13. **In a Community Meeting**

Using reflection to engage and understand community concerns.

**Example:** "You're concerned about the park's safety. What solutions do you suggest?"

## 14. **During a Sales Pitch**

Tailoring pitches to reflect customer needs and preferences.

**Example:** "So, you're looking for a cost-effective solution that increases efficiency?"

## 15. **In a Medical Consultation**

Doctors summarizing symptoms to ensure accurate patient understanding.

**Example:** "You've been experiencing headaches and fatigue recently, correct?"

**16. In an Academic Advising Session**

Advisors echoing students' academic aspirations and worries.

**Example:** "It seems you're interested in courses that offer practical experience?"

**17. During a Team Building Activity**

Facilitating better understanding among team members.

**Example:** "You mentioned enjoying collaborative projects. Can you share more?"

**18. In a Peer Review Process**

Providing constructive feedback through reflective questioning.

**Example:** "Your study focuses on X; have you considered Y's impact?"

**19. In an Art Critique Session**

Artists discussing works by reflecting on interpretations.

**Example:** "You said this piece conveys solitude. What elements give you that impression?"

**20. In a Conflict Mediation**

Helping conflicting parties understand each other's perspectives.

**Example:** "You feel that your opinions weren't considered in this decision?"