

# Active Listening Strategies

## Restate

- I hear you saying...
- It sounds like...

## Reflect

- I'm thinking...
- I'm feeling...
- I can relate to this...

## Ask Questions

- Do you mean...?
- Can you tell me more about...?
- Can you explain...?
- Can you solve \_\_\_\_\_ in a different way?
- How did you feel when...?

## Summarize

- Use keywords you heard
- Pull out the main ideas
- Repeat the details that support the main idea
- Write a 1-2 sentence summary of the most important parts

## Feedback

- I agree with... because...
- I disagree with... because...
- The strongest thing you said was...
- A suggestion I would make is...

## Make Connections

- What you've said reminds me of...
- I have a connection with...
- I remember when...



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