

Active Listening – *Sentence Starters*

"That makes you feel..."

"That could make a person feel..."

"You wish..."

"You would like to change..."

"It hurt you that ..."

"You are looking forward to..."

"The hard part about this is..."

"You didn't expect..."

"It bothers you that..."

"You aren't sure..."

"You're disappointed that . . . "

"When you didn't get what you needed,
then..."

"It seems unfair that..."

"You can't understand..."

"You think the other person is feeling/
needing/trying to/expecting..."

"The tension seems to be coming
from..."

"The solution you see is to..."

"The confusion seems to be about..."

"What this seems to mean to you is..."

"What you think might happen because
of this is..."

"If things could be different, you'd feel..."