


Wellness Tip: Reflective Communication — A Simple Way to Be Truly Heard

 **Miscommunication** can cause many unnecessary problems — at work, in class, and even among friends.

Among countless communication skills, one of the **simplest and most powerful** is **reflective communication** — listening to understand, not to respond.


Why it works

Reflective communication is like holding up a **mirror** for the speaker.

When you reflect someone's words back, they often **see their own thoughts more clearly** — and may reach insight or solutions on their own.

How to Practice

1 Listen fully – Let the other person speak without interrupting.

 Don't interpret, judge, or plan your reply — just listen.

2 Reflect and confirm – When they finish, say:

“To make sure I understand correctly, you mean...”

Repeat **exactly what you heard** — *not what you think they were trying to say*.

No interpretation, no judgment, just reflection.

3 Check mutual understanding – Ask:

“Did I capture that accurately?”

If you're the speaker, you can invite reflection by saying:

“To be sure we're on the same page, could you restate what I said?”

Remember

When both people feel heard and understood, communication becomes healing, not stressful. Reflective communication doesn't just solve problems — it builds connection. 