

## Techniques for Dancing with Discord

<b>Surface reflections</b>	Stay close to content, keep the conversation moving, consider carefully on which elements to focus
<b>Deeper reflections</b>	Go below the surface, help understand what might lie beneath
<b>Double sided reflections</b>	Include both sides of the ambivalence (try using “yet”, “and”, or “but”)
<b>Amplified reflections</b>	Add some intensity to the resistant part of the statement (try “there is no way” or “you can’t possibly”)
<b>Agreement with a twist</b>	Involve either a reflection or a statement of agreement followed by a reframe (a lot like a double sided but usually includes something like “I totally agree and yet”)
<b>Reframing</b>	Place a client statement in a new light/perspective (For example- multiple past failures in changing behavior are reframed as continued commitment to making life better)
<b>Coming alongside</b>	Acknowledge this may not be the right time, place or circumstance for change (use with caution)
<b>Emphasizing personal choice and control</b>	Remind the client that only they can choose to change their behavior
<b>Shifting focus</b>	Acknowledge that the current area feels unproductive and that a shift may feel more helpful (offering an agenda menu may be helpful )