

# Techniques for Dancing with Discord

## **Surface reflections**

Stay close to content, keep the conversation moving, consider carefully on which elements to focus

## **Deeper reflections**

Go below the surface, help understand what might lie beneath

## **Double sided reflections**

Include both sides of the ambivalence  
(try using “yet”, “and”, or “but”)

## **Amplified reflections**

Add some intensity to the resistant part of the statement  
(try “there is no way” or “you can’t possibly”)

## **Reframing**

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)

## **Agreement with a twist**

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”)

## **Coming alongside**

Acknowledge this may not be the right time, place or circumstance for change  
(use with caution)

## **Emphasizing personal choice and control**

Remind the client that only they can choose to change their behavior

## **Shifting focus**

Acknowledge that the current area feels unproductive and that a shift may feel more helpful (offering an agenda menu may be helpful)