

Observe, wonder, check

Reflect an Observation and a Possible Feeling | Asking & listening

"You've gone quiet. I'm wondering if something was frustrating-or I may have that wrong."

Use these prompts for your own preparation. Leave out identifying details you do not need.

What I can observe

A possible feeling, held lightly

My short reflection

How I will leave room for correction

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.