

## **Initiate and Reflect technique**

### ***Summary of the Technique***

- The initiator feels triggered and says, “I would like to initiate, can you reflect?”
- The reflector says, “Yes I can.”
- The initiator says, “I feel \_\_\_\_\_ because I think \_\_\_\_\_.”
- The reflector says, “So let me see if I got this right. You feel \_\_\_\_\_ because you think \_\_\_\_\_. Is that right?”
- The initiator says yes or no, and the reflector finally says, “Is there more?”
- This continues for another three or four sentences. Then after a pause so everyone can take in the information, if the reflector feels they have something that triggered them to feel a certain way, then that person can do some initiating in the same way.