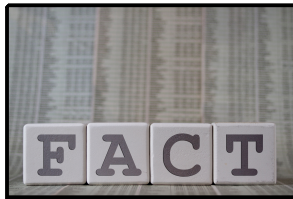


CONFIRMATORY PARAPHRASE

Paraphrasing is repeating in your words what you interpreted someone else to be saying. The confirmatory paraphrase seeks to confirm that what you thought someone else said is what they actually mean. It clarifies and confirms that you have heard the message correctly. It is helpful in situations where there is lack of clarity, disagreement, misunderstanding, or some problem to be solved. The confirmatory paraphrase can help find mutual areas of agreement and a starting point for a mutually agreeable resolution or action.

A confirmatory paraphrase can help *clarify*



- what happened
- details of an event or experience
- accuracy of an observation or report



- emotions expressed
- body language
- perceptions



- point of view
- beliefs
- judgment

The problem is...
The fact is...
You don't know...
Are you finding that ...

It sounds like you feel...
You seem concerned about...
It seems as if you are...

Are you thinking that...
Is it correct that you sense...
Is your belief that...
Is your viewpoint that...

- Make the paraphrase short, not a lengthy restatement.
- Put the focus of the paraphrase on what the other person said, not what you wanted them to say.
- Make the paraphrase a question: *So you're saying that...?*
If I'm hearing you right...?
So you are frustrated when...?
- Use some of the words the other person used.
- Don't judge or evaluate the other person's statement.
- If the other person responds to your paraphrase that you don't understand what they said, then give the other person 1-2 chances to restate their position. Then stop the paraphrasing.

You can add more information to what you hear, thus expanding the conversation to focus on the message, problem solution, or action to be taken. Listen for areas of mutual understanding

Preparation and Reflection

Phrases that I'm going to try out in conversations with friends to clarify:

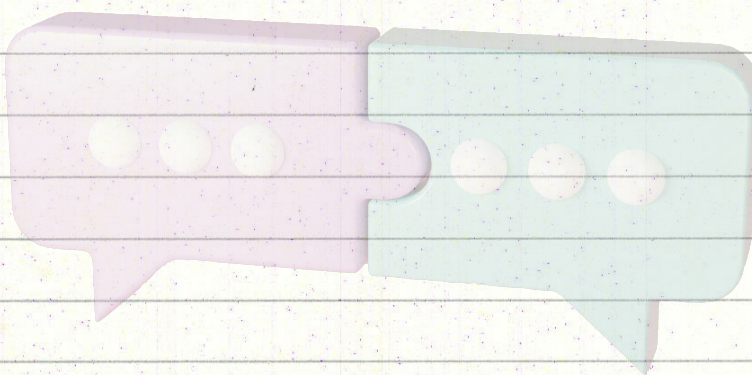
Facts

Emotions

Opinions

What did you learn from using the confirmatory paraphrasing strategy?

How can I use this strategy to enhance understanding and build a connection with others?



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