

Empathetic Response Leads

Kind of feeling...
Sort of saying...
As I get it, you felt that...
I'm picking up that you...
Sort of feeling that...
If I am hearing you correctly...
To me it is almost like you are saying...
Sort of hearing you saying that maybe you...
Kind of makes you feel...
The thing that you feel most right now is sort of like...
So you feel...
What I hear you saying is...
I'm not sure that I am with you but...
I somehow sense that maybe you feel...
You feel...
I really hear you saying that...
I wonder if you are expressing a concern that...
It sounds as if you are indicating...
I wonder if you are saying...
You place a high value on...
It seems to you...
Like right now...
You often feel...
You feel, perhaps...
You appear to be feeling...
It appears to you...
As I hear it, you...
So, from where you sit...
You feeling now is that...
I read you as...
Sometimes you...
You must have felt...
I sense that you are feeling...
Very much feeling...
Your message seems to be, "I...
You appear...
Listening to you it seems as if...
I gather...
So your world is a place where you...
You communicate (convey) a sense of...

Five Therapeutic Phrases

1. "That seems to bother you."
2. "I guess you are pulled two ways about all that."
3. "I can't help wondering how much all this mean to you."
4. "Under that anger I think I hear some hurt."
5. "Under that hurt I think I hear some anger."