

Good Active Listening Leads

Phrases that are useful, when you trust that your perceptions are accurate, and the person is receptive to your listening attempts.

You feel.....

From your point of view.....

It seems to you.....

In your experience.....

From where you stand.....

As you see it.....

You think.....

You believe.....

What I hear you saying.....

You're(identify the feeling).....

I'm picking up that you.....

I really hear you saying that.....

Where you're coming from.....

You figure.....

You mean.....

Phrases that are useful when you are having some difficulty perceiving clearly, and understanding the message, or it seems that the person might not be receptive to your communications:

Could it be that.....

I wonder if.....

I'm not sure if I'm with you, but.....

Would you agree with this idea.....

What I guess I'm hearing is.....

Correct me if I'm wrong, but.....

Is it possible that.....

Does it sound reasonable that you.....

Could this be what's going on, you.....

This is what I think I hear you saying.....

You appear to be feeling.....

It appears you.....

Perhaps you're feeling.....

I somehow sense that maybe you feel

Is there a chance that you.....

Maybe you fell.....

It is conceivable that

Maybe I'm out to lunch but.....

Do you feel a little.....

Maybe this is a long shot, but.....

I'm not sure if I'm with you; do you mean.....

I'm not certain I understand; you're feeling.....

It seems that you.....

As I hear it, you.....

.....is that the way it is?

.....is that what you mean?

.....is that the way you feel?

Let me see if I understand; you.....

Let me see if I'm with you; you.....

I get the impression that

I guess that you are.....