

# Mirroring Practice

## Sender

<speaks to prompt>

“Yes” OR “What I really want you to hear is . . .”

<speaks more>

## Receiver

“I heard you say . . .”

“Did I get you?”

<mirrors again if needed>

“Is there more?”

<repeats steps above.>

Repeat steps above for all prompts with one sender.

After all four prompts, switch roles and complete with second sender.

## Prompts:

- One important part of my experience of Covid is . . .
- Something I’ve learned about myself is . . .
- Something I think we might have in common is . . .
- Something I appreciate about you is . . .