

PEAS EXAMPLES

PARAPHRASE

1. "So, you're saying that..."
2. "It sounds like you feel..."
3. "You're concerned because..."
4. "In other words, you..."
5. "You wish that..."
6. "So, your idea is to..."
7. "You're hoping for..."

Tips

- Summarize key points.
- Focus on the speaker's main ideas.
- If you aren't sure, ask: "I think I understand, did you feel...?"

EMPATHIZE

1. "That must have been hard for you when... "
2. "I can imagine how that feels..."
3. "I see, that must have been frustrating."
4. "You must have been really happy that..."
5. "It sounds like that was a tough situation."
6. "That makes sense to me. I can understand why you'd feel that way."
7. "That sounds like a rewarding experience."

Tips

- Avoid judgment or advice-giving.
- Use empathetic language.
- Show genuine interest and concern.

ASK

(If needed, Apologize or Appreciate)

1. "What came up for you when... ?"
2. "When you said ... what other thoughts / feelings have you had about this?"
3. "What are some ways I can support you in... ?"
4. "When in the past have you felt like this?"
5. "What's been the best part of ... so far?"
6. "How would you like us to handle ... differently in the future?"
7. "I would love to hear more, how did it feel to experience that?"

Tips

- Ask for gain more clarity and understand
- Avoid phrasing that could be answered with "yes," "no," or a single word.
- Be patient and give your partner time to respond.
- Listen actively without planning your next question or response.
- Don't ask a leading question to 'trap' them

SHARE

(Use StateWords. SenseWord + MoodWord + WantWord)

SenseWord

1. "As you were sharing ... I felt my shoulders drop."
2. "When ... happened, I felt a tightening in my chest."
3. "Just now when ... I felt a flood of tingling energy and my hair was standing on end."

MoodWord

1. "I felt sad and disappointed in myself."
2. "I felt hurt and betrayed."
3. "I felt excited and thrilled for you."

WantWord

1. "What I want is to be the father I know I can be."
2. "What I want more than anything is for us to feel safe to share anything with each other."
3. "What I want if for you to know just how proud I am of you!"