



Useful Phrases in Relationship-based Work

- *I have been thinking about you since I saw you last...*
- *What's been going on with you and your classroom?*
- *How has it been going with _____?*
- *What's going well about being a parent/teacher right now?*
- *What's the hardest part of being a parent/teacher right now?*
- *What do you enjoy most about _____(child)?*
- *What do you find most challenging about _____(child)?*
- *What's it like for you when that happens?*
- *What do you think that's like for the child?*
- *What do you think she's trying to tell you when she does that?*
- *Let's see if we can figure this out together...*
- *I wonder why....*
- *What's your hunch about why...?*
- *How do you feel when...?*
- *What kinds of things have you tried? And how has that gone?*
- *What has been most helpful?*
- *Tell me more about that...*
- *And what else?*
- *So is this how it usually goes?*
- *How would you like that to go?*
- *How do you know when....?*
- *When does this usually happen?*
- *What gives you the energy to keep going?*
- *What does it look like when....*
- *How does that go for the child at home?*
- *How do you cope when you're feeling stressed?*
- *Where do you get support?*
- *Tell me about a time when things seem to go well.*
- *Why do you think he reacts that way?*
- *I hear you asking for help, but I worry that if I give a suggestion you might feel like I am criticizing or judging you—will you tell me if it feels like that?*
- *What do you think that was about?*
- *Can you give me an example?*
- *And what have you tried?*