



PERCEPTION CHECKING SENTENCE STEMS

Would you like to hear something I'm {feeling, thinking, wondering} right now?

While you were speaking, I had a thought I would like to check out with you...

Can I share my perception for you to check?

There are some things I've been thinking that I'd like to run by you? Is that okay?

I want to share what I'm thinking if you're open to hearing it...

As I've been listening, I've had a sense that... {state feeling, thinking, wondering}. Is this accurate or is my thinking off?

You've been telling me about... and you seem... Is there anything to this or am I off base?

Can I have your permission to check some of the thoughts that have been rolling around in my head?

There are some {thoughts, feelings, curiosities} I've had and I'd like you to check what might be accurate or inaccurate.

