

# Foundations of Behaviour Change: Motivational Communication

## Primary Health Care

### Summarize

- Putting it together.
- Check for understanding and accuracy of what you think you heard.
- Look accuracy and encourage clarification.

Sounds like you're wondering if ...?	What I heard you say was ...
So you are finding it hard to ...	It seems that you ...
It sounds like you ...	So you want to ...
So you feel ...	Does this sound right ...?
So you were saying ...	Is this what you mean ...?
Just to be sure I understand, you are saying that ...?	You said that ... did I get that right?

