The Language of Connection
~Cheat Sheet of VENA Phrases~

Affirmations	Probes:	Extending	Clarifying	Reflect	Redirect
You're a good/great mom.		Tell me more about that…..	Tell me more…..	So it sounds like….	Other than that concern is there other healthy goals we can work on……
Good job mom!		How do you feel about what he/she said….about that	What makes it hard to do …..	If I am hearing you correctly you are saying that…….	May I offer you some information on ……?
Lots of moms tell me that…..		What does your Dr. say about that?	What part about …. will be most difficult for you?	What you're saying is..	May I share with you some reasons to…….
I have heard that mentioned before…		How do you feel about that?		Sounds like your partner/husband/mom's support is important to you.	Where do you see yourself going from here?
You are amazing that you can do ……				I think I hear you saying that	Sounds like that is working for you? Are you OK with that?? (i.e. bad health behavior that is inconsistent with health outcome(s))
Can I share your idea with other moms that I see..				Sounds like you been thinking about this…	**OMIT THE WORD "BUT"** from counseling. It diminishes any affirmations you may have given. "But" is also confrontational. Same with the word "why".
You are not alone in thinking that…..				If I understand what you are saying, you feel that..	
It can be hard being a mom…..					
It can be hard rainsing a family on your own….					
You're doing a great job.					
Sounds like you have a lot on your plate.					
It obvious you care about your child's health very much.					
It is nice that you are considering your partners feelings….					
I hear a lot of moms with the same concern…					

Affirmations	Probes:	Extending	Clarifying	Reflect	Redirect
It is obvious you love your baby/child very much!					
It obvious your baby loves you, look how she/he looks at you….					
Looks like you have found what works for you……					