

THERAPIST TOOLS / RESOURCE 14

Role-Play Scenarios and Feedback

Rehearse a realistic conversation and give collaborative feedback.

Name / reference: _____ Date: _____

Agree the scenario, level of challenge and how to stop or pause. Ask what feedback would be helpful. Let the speaker choose wording that feels authentic. Rehearse one skill, offer specific observations, then try again if useful. Feedback concerns behaviours and context, not personality. Written or message-based role-play is equally valid.

WORKED EXAMPLE

Choose or adapt: work - decline a last-minute task; family - ask for notice before visits; friendship - express a different preference; appointment - ask for an explanation; relationship - request quiet time. Start cooperatively. Add mild disagreement only with the speaker's agreement.

START HERE

Chosen scenario, roles and the speaker's goal:

Exact opening words to practise:

Agreed challenge level, pause signal and communication adjustments:

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A HELPFUL REMINDER

Ask before increasing pressure in a role-play. Stop and review if practice becomes overwhelming or no longer feels collaborative.

PRACTISE IN YOUR OWN WORDS

Clarity: what need, request or limit did I hear? Give an example.

Respect and listening: what did I observe? Avoid assumptions.

Speaker reflection: what felt natural, difficult or useful?

One change for a second attempt, and what happened when tried:

Transfer to everyday life: next step, support and review date: