



## Example phrases for how to ask people to explain back in their own words

**Remember:** Try not to make it feel like you are ‘testing’ the person’s knowledge – you just want to be sure they have understood you, and that they **know what to do**.

The phrase in brackets can be changed according to the content you are teaching.

1. “Would you just mind explaining that back to me so I can check I’ve covered everything?”
2. “We’ve gone over a lot of things...just so I know I’ve explained things clearly, can you please tell me in your own words what you heard me say”
3. “I’d like to make sure I was clear about [*the side effects of taking this medicine*]. Can you please explain to me in your own words the things you need to watch out for?”
4. “Now that we’ve covered everything, could you run through what you are going to do if this happens again for you?”
5. “Could you tell me what you’ve understood from our meeting today?”
6. “I want to check how well I described [*your treatment options, their benefits and possible problems*]. Could you please explain to me, in your own words, about the options you have for [*treating your lower back pain*].”
7. “We’ve gone over a lot of things you can do to remember [*to take your tablets*]. What do you think you will do?”
8. “What will you do if [*your blood sugar is low*]?”
9. “Can you tell me how you will [*take your pills*]?”
10. “Could you [*show me how you inject your insulin from the point of drawing it up into the syringe all the way to injecting it*]?”
11. “People often have trouble remembering how to do this. Could you just go through how you will make it will work for you?”
12. "So that I know I’ve explained this clearly, could you explain back to me what you need to do when you go home?"
13. “What will you tell [*your partner*] about what we’ve gone through today?”