

# ASA Cycles for Patient-Centered Communication

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The Affirm-Ask-Share (ASA) Cycle is a communication tool that builds rapport and trust between providers and clients for effective information sharing. This card reinforces skills covered in the RHNTC's [ASA Cycles for Patient-Centered Communication and Counseling Video Series](#).

Use ASA Cycles throughout the visit:

**Affirm/Acknowledge your client**

“I’m so glad you asked about...”

**Ask follow-up questions**

“What questions do you have about...?”

**Share relevant information**

“Two out of 100 people who use this will...”

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## Affirm/Acknowledge

### Empathy

“Wow, that sounds really hard.”

“I can see how concerning this must be.”

### Validation

“It sounds like you’ve thought a lot about this.”

“I am so glad you asked about that. Most people find that challenging.”

### Agreement

“Yes, and...”

“I hear that from many clients! It’s true that....and also...”

## Share

### Relevant information in plain language

“Your ability to get pregnant returns to whatever is normal for you.”

“This could make your period heavier/lighter...”

## Ask

### Open-ended, focused questions

“How would that be for you...?”

“What is most important to you about...?”