

IMAGO INTENTIONAL DIALOGUE

A. Appointment:

1. "I would like to make an appointment to talk about _____. Is now a good time?"
Receiver answers "yes" if possible or "no" and offers an alternate time in the near future.
2. "And I would to talk about this because I want to feel more connected to you." Receiver mirrors.

B. Mirroring:

1. Sender sends one or two sentences.
2. Receiver mirrors: "You are saying that..."
"Did I get that?"
"Is there more about that?"
3. Summary/essence: When the sender says "there is no more," receiver summarizes the essence of the sender's message.
4. Receiver asks: "Did I get the essence of what you were saying?" If not, "You got a lot of it, and _____"
Receiver mirrors additions or corrections to the summary, then asks "Now did I get the essence?"

C. Validation:

1. The receiver says, "It makes sense that ..."
2. (optional) Receiver may ask, "Do you feel understood?" If not, sender clarifies what would feel validating and receiver mirrors.

D. Empathy:

1. Receiver says, "I imagine that you might be feeling..." (list feeling words)
2. Receiver asks, "Is that how you are feeling?"
3. "Do you have any other feelings?" (list feeling words)
4. Mirrors any of sender's additions or corrections.

Now switch. Receiver becomes sender, saying "I would like to respond" or "what touched me about what you said is..."

Guidelines:

- 1) Receiver only mirrors what sender says; no comments or interrupting.
- 2) Be aware of body language, facial expression and tone of voice.
- 3) If not a good time the receiver must give an alternative time in the near future and then follow through on appointment.
- 4) Remember that what your partner needs most is often the thing that is hardest for you to give.