

IMAGO DIALOGUE

SENDER: “I would like to dialogue about (state topic). I will send with no blame, no shame, and no criticism. Is now a good time?”

RECEIVER: “ I want to hear what you have to say, now is a good time. (or ASAP if now is NOT okay) I will listen with a curious, open heart and put my perspective to one side so I can hear you.”

(optional TWO-WAY Appreciations)

SENDER: “What I want to share is.....” / “I have a concern about...”

RECEIVER: **MIRROR:** “LET ME SEE IF I’VE GOT YOU.....”

Reflect back what the sender said without interpretation, editorializing, or analysis. If it’s isn’t evident, check:

“DID I GET YOU?”

Mirror anything that was missed and then,

“TELL ME MORE (ABOUT THAT)”

When the Sender is finished and there is no more for now,

SUMMARIZE: State the essence of what was sent, and ask:
“IS THAT A GOOD SUMMARY?”

VALIDATE: “YOU MAKE SENSE. WHAT YOU SAID
MAKES SENSE BECAUSE.....”

Describe the way you understand your partner’s perceptions. (You need not *agree*.) And ask,

“DOES THAT VALIDATION FIT?” And if it does,

EMPATHIZE: “AND, GIVEN WHAT YOU HAVE SAID, I
IMAGINE YOU MIGHT FEEL (HAVE FELT)....(State two or
three feelings and check)...IS THAT IT? ARE THERE
OTHER FEELINGS?” Mirror anything that is added.

One send is now complete. To continue the dialogue, **SENDER** and **RECEIVER** reverse roles.

SENDER: Are you available to hear my response? (when the answer is ‘Yes’ begin with a **BRIDGE:** “ONE THING THAT TOUCHED ME/ STRUCK ME ABOUT WHAT YOU SHARED IS...”

RECEIVER: **MIRROR** bridge and continue the dialogue.

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