

# SPECIFIC PHRASES FOR THE IMAGO DIALOGUE

## SENDER

**I would like to DIALOGUE about ...  
Is now okay?**

**\* \* \***

**I feel ...**

**I love ...**

**I need ...**

**What's bothering me is ...**

## RECEIVER

### MIRRORING

**Let me see if I've got you.  
I heard you say ... or You said ...  
Am I getting you? or Did I get that?  
Is there more about that?**

### SUMMARY MIRROR

**Let me see if I got it all ...  
Am I getting you? Did I get all of that?  
or Is that a good summary?**

### VALIDATION

**You make sense to me, and what makes sense is ...  
I can understand that ...given that ...  
I can see how you would see it that way because sometimes I do ...**

### EMPATHY

**I imagine you might be feeling ...  
Is that what you're feeling?**

## SWITCH ROLES