

The Appreciation Exercise

To practice the Imago Dialogue, the **Sending Partner** talks about something s/he appreciates about the partner and the feelings this helps elicit in them. The following sentence stems may be used:

One thing I appreciate about you is

.....
or

One thing I'm grateful for about you/our relationship is

.....

When you do that I feel

.....
or

When I see that in you I feel

.....
(e.g. lucky, happy, inspired).

Thank you for that.

The **Receiving Partner** mirrors and summarizes, then validates and empathizes as above.

Keep all expressions of appreciations clean of any negativity.
Avoid all topics that are currently a point of controversy
 or irritation in the relationship.
(Frustrations are addressed in the Imago Insight programs.)