

Imago Dialogue Outline

SENDER

I would like to DIALOGUE about Is now okay?

Send message, using "I" language. When talking about your partner only describe specific behaviors or words. e.g., "When you said... (or did...) I thought... and I felt..."

Check accuracy of the mirror and resend or modify any parts not clearly received.

*Listen to summary and give accuracy check. Resend if necessary. **Yes, you got it all. Or The part you got was... and I also want you to hear...***

Listen to and receive the validation.

Listen to and receive the empathy.

*If RECEIVER did not get the feelings right or did not get all of the feelings, share with RECEIVER. **I think I felt more... or Yes, and I also felt...***

RECEIVER

I'm available now.

Mirror and check for accuracy.

Let me see if I've got you. You said... I heard you say... Did I get you?

Is there more about that?

Summarize.

Let me see if I got it all. In summary, what you said was... Did I get all of that? Or Is that a good summary?

Validate.

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

Empathize.

I imagine you might be feeling... or I imagine you might have felt... or I can imagine your feeling of... (if feelings were stated.)

Accuracy check.

Is that what you are feeling?

Switch Roles. The new SENDER starts with, **"What I experienced inside as I listened to you just now is..."** or **"The way I would like to respond is..."**