

# IMAGO DIALOGUE

## Mirroring an Appreciation

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### **PURPOSE:**

Imago Dialogue is the foundation that help transform a relationship.

Starting with an appreciation helps you learn the basic process.

Appreciation reduces anxiety and increases safety.

### **INSTRUCTIONS**

1. Decide who will be the first Sender and who will be the Receiver. Express only ONE appreciation.
2. Follow the structure exactly and use the sentence stems **precisely** as indicated.
3. When all the steps are completed, switch roles and repeat the process.

### **MAKING AN APPOINTMENT**

**Sender:** I would like to express an appreciation. Is now a good time?

**Receiver:** I'm available now. *(If not now, state when and be available then.)*

### **CONNECTING NON-VERBALLY**

*Sender and Receiver makes eye contact and takes three deep breaths in sync.*

### **SHARING THE APPRECIATION**

**Sender:** *Sends message using "I" language:*

ONE thing I appreciate about you is....

### **MIRRORING (AND CHECKING ACCURACY)**

**Receiver:** *Mirrors:* Let me see if I got it. You said...

*Checks for accuracy:* Did I get it?

**Sender:** Yes, you got it. *–or–* The part you got was... and I also said...

**Receiver:** *Shows curiosity:* Is there more about that?

**Sender:** Yes. When you do that, I **feel** ... - or -  
When I see that in you, I **feel** ...

#### **A NOTE TO THE RECEIVER**



If at any point you feel overload, raise your hand and say: "I'm on overload. Let me try to mirror you back so far."

**Receiver:** *Continues mirroring.*

*Checks for accuracy:* Did I get it?

*Shows curiosity:* Is there more about that?

**Sender:** When I feel \_\_\_\_\_, it **reminds me** of a time in the past when I felt...  
(or did not feel) \_\_\_\_\_

**Receiver:** *Mirrors:* Let me see if I got that....

*Checks for Accuracy:* Did I get it?

*Expresses curiosity:* Is there more about that?

*Continues the process until the Sender agrees the Receiver "got it."*

## **SUMMARIZING**

**Receiver:** *Mirrors:* Let me see if I got all of that. In summary, you are saying ...

*Checks for accuracy:* Did I get it all?

**Sender:** *Listens to the summary and verifies accuracy.*

Yes, you got me. -Or- The part you got was ... and I also said....

## **CLOSURE**

**Sender:** Thank you for listening.

**Receiver:** Thank you for sharing.

*If you are intimate partners, give each other a one-minute hug and make eye contact on release.*

*If your dialogue partner is a friend or acquaintance, make physical contact that is comfortable and appropriate for both of you.*

## **SWITCHING ROLES**

*When all the steps are completed, switches roles and repeats the process.*