

CARING BEHAVIORS DIALOGUE

MAKING AN APPOINTMENT

Sender: *I would like to talk about one thing you do that makes me feel cared about and loved. Is now a good time?*

Receiver: *I'm available now.*

CONNECTING NON-VERBALLY

Sender and Receiver make eye contact, soften eyes and hold gaze for three deep breaths.

SENDING, MIRRORING & CHECKING ACCURACY

Focusing only on the caring behavior and using “I” language and positive words:

Sender: *I feel/felt cared about and loved when you...*

Receiver: Mirrors: *Let me see if I've that. If I did, you said...*

Checks for accuracy: *Did I get that?*

Sender: *Yes, you got me. Resend or modify any parts not clearly received.*

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

Sender: *Yes, when you do/did that, I feel*

Receiver: Mirrors: *When you experience/d that you feel...*

Checks for accuracy: *Did I get that?*

Expresses curiosity: *Is there more about that?*

Sender: *Yes, and it reminds me of something from my childhood which is....*

Receiver: Mirrors: *And it reminds you that in your childhood you....*

Checks for accuracy: *Did I get that?*

Expresses curiosity: *Is there more about that?*

Both partners continue the process until the Sender agrees that the Receiver has “got it” and there is “no more.”

SUMMARIZING

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

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

Sender: *Yes, you got it all. Resend if necessary. The part you got was...and I also said....*

VALIDATING

Receiver: Validates: *You make sense, and what makes sense is*

Checks for accuracy: *Is that a good validation?*

Sender: Listen and receive validation.

EMPATHIZING

Receiver: Expresses empathy: *I imagine you might be feeling....*

Checks for accuracy: *Is that the feeling?*

Expresses curiosity: *Do you have more feelings?*

CLOSURE

Receiver: *Thank you for sharing.*

Sender: *Thank you for listening.*

Give each other a one-minute hug with three deep breaths in sync. Make eye contact on release.

SWITCHING ROLES

When all the steps are completed, switch roles and repeat the process.