

IMAGO DIALOGUE

MIRRORING AN APPRECIATION

Instructions

1. Decide who will be the first Sender and who will be the Receiver. Express only ONE appreciation.
2. Follow the structure 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.

CONNECTING NON-VERBALLY

Makes eye contact and take three deep breaths in sync.

SHARING THE APPRECIATION

Sender: ONE thing I appreciate about you is...

MIRRORING AND CHECKING ACCURACY

Receiver: *Mirrors:* Let me see if I've 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 you get on 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.

Gives each other a one-minute, full body hug.

SWITCHING ROLES

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