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

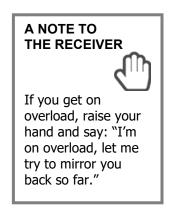
Makes eye contact and take three deep breaths in sync.

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 ...



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:	<i>Mirrors:</i> 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. <i>-Or-</i> The part you got was … and I also said	

CLOSURE

Sender:	Thank you for listening.
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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.