

The Appreciation Dialogue



Steps for the Sender

(Send with soft voice & good eye contact. Pause often so partner can mirror)

1 "Something I love / appreciate / admire about you is . . ."

Elaborate a little - maybe give a few examples
Keep it positive!

2 "When you are this way', or "when I think about you in this way", I feel . . ."

(Suggestions)

Cared for	Connected	Relieved	Heard
Loved	Accepted	Lucky	Seen
Cherished	Secure	Grateful	Valued
Wanted	Safe	Blessed	Trusted
Chosen	Supported	Proud	Special
Special	Relaxed	Confident	Respected

3 "And, you're doing this", (or "being this way"), meets my need for . . ."

(Suggestions)

Care	Respect	Unity	Competence
Support	Acceptance	Connection	Growth
Nurturance	Love	Trust	Aliveness
Value/Worth	Empathy	Reliability	Fun & Play
Recognition	Affection	Stability	Challenge

4 "Something this reminds me of from my childhood is . . ."

This could be something you experienced growing up and were grateful for
OR . . .
something you didn't receive but wished you had.

5 "Thank you for listening"

Now switch roles