

The Imago Dialogue

The Sender



Request an Appointment

*"I'd like to dialogue.
Is this a good time?"*

SHARE

*Respectfully share
what you want to say*

*Pause
so Receiver
can Mirror*

*Accept / Correct
the mirror as needed*

*Keep sending
until you've said
it all*

SUMMARY (optional)

*Partner may
offer summary*

1. If a lot has been said, the Receiver may offer a summary. If needed, offer respectful corrections.
2. If not, and you would like one, simply **ask**:
"Could you just let me know the gist of what you've heard?"

VALIDATION

*Partner
validates &/or
asks for more
information*

*Accept or Correct
the validation as
needed*

1. In the Validation step, the Receiver lets you know what parts are making logical sense to them and any parts that need clarification. If needed, make gentle corrections or additions.
2. If the Receiver does not offer validation, gently **ask**:
"Is this making sense to you?"

EMPATHY

*Partner guesses
what they think
you might be
feeling*

*Accept or Correct
the validation as
needed*

1. In the **Empathy** Step, the Receiver shares what he/she *imagines* you might be feeling, then checks it out with you.
2. If the Receiver does not offer any empathy, gently **ask**:
"Can you understand how I feel?"

END

*"Thanks for
listening"*

*"Would you like to
switch?"*

NEGATIVE FEELING PROMPTERS

| | | | | |
|------------|-----------|------------|-------------|-------------|
| frustrated | sad | rejected | overwhelmed | betrayed |
| irritated | anxious | abandoned | unheard | cheated |
| angry | helpless | lonely | discounted | guilty |
| hurt | hopeless | alone | invisible | embarrassed |
| criticized | insecure | controlled | unloved | humiliated |
| attacked | scared | pressured | confused | ashamed |
| depressed | neglected | trapped | manipulated | enraged |