

The Full Imago Dialogue Process

PURPOSE

To learn how to talk without criticism, listen without judging and connect beyond differences.

INSTRUCTIONS

1. Decide who will be the first Sender and the first 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 have a Dialogue about.... Is now a good time?

Receiver: I'm available now. *(If not now, state when and be available then.)*

CONNECTING NON-VERBALLY

Sender and Receiver make eye contact and take three deep breaths in sync.

EXPRESSING AN APPRECIATION

Sender: Before we start, I would like to express an appreciation of you. My appreciation is.....

MIRRORING AND CHECKING ACCURACY

Receiver: *Mirrors:* Let me see if I got it. You have an appreciation of me which is.....

Checks for accuracy: Did I get it?

Sender: Yes *(or add what is missing).*

Receiver: Thanks for your appreciation.

Sender: You are welcome. Thanks for receiving it.

USING "I" LANGUAGE AND ONLY DESCRIBES BEHAVIORS

Sender: What I would like to talk about is.....(*topic*).

Receiver: **Mirrors:** If I got that, you said.....

Checks for accuracy: Did I get that?

Sender: **Confirms or corrects:** Yes. –Or– The part you got was... and I also said.....

SHOWING CURIOSITY

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

Sender: Yes, the more is that when I talk about that, I **feel**.....

Receiver: **Mirrors:** If I got that, when you talk about that, you feel.....

Checks for accuracy: Did I get that?

Sender: **Confirms or corrects.** Yes. –Or– The part you got was... and I also said.....

Receiver: **Shows curiosity:** Is there more about that feeling of.....

Sender: Yes, and when I feel that, I **remember when I was little** I felt.....(or did not feel)

Receiver: **Mirrors:** Let me see if I've got you. You said....

Checks for accuracy: Did I get it?

Sender: Yes, (*or add what is missing...*).

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

*Continues sending, checking accuracy, and expressing curiosity until **Sender** says: There is no more.*



REMEMBER: If at any point you feel overloaded, raise your hand and say: "Let me see if I got it so far."

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 gives accuracy check.**

Yes, you got me. –Or– 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: **Listens and checks accuracy of the validation.**

EMPATHIZING

Receiver: *Expresses empathy:* I can that you seem to be feeling

Or

I imagine you might be feeling....

Or

You said you are feeling... *(if feelings were stated).*

Checks for accuracy: Is that your feeling?

Sender: *Listens and checks accuracy of the empathy:*

Yes, or I think I felt more....

Receiver: *Shows curiosity:* Are there other feelings?

Sender: No. –Or– I also felt....

CLOSURE

Sender: Thank you for listening.

Receiver: Thank you for sharing.

If you are intimate partners, give each other a one-minute hug and make eye contact on release.

If your dialogue partner is a friend or acquaintance, make physical contact that is comfortable and appropriate for both of you and make eye contact on release.

SWITCHING ROLES

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