

IMAGO DIALOGUE

Mirroring an Appreciation

MIRRORING AND APPRECIATION

Imago Dialogue is the PRACTICE that transforms a relationship.

Appreciation is an affirmation that increases positive social engagement.

Structure reduces anxiety and increases safety.

INSTRUCTIONS

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

SHARING THE APPRECIATION

Sender: *Sends message using "I" language:*

ONE thing I appreciate about you is....

MIRRORING (AND CHECKING ACCURACY)

Receiver: *Mirrors:* Let me see if I 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 -

A NOTE TO THE RECEIVER



If at any point you feel overload, raise your hand and say: "I'm on overload. Let me try to mirror you back so far."

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: *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.

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 eye contact and physical contact that is comfortable and appropriate for both of you.

SWITCHING ROLES

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