



# The Imago Dialogue Skill: Directions and Key Phrases

Both partners breathe deeply and center themselves to create a safe environment for the other

## SENDER

Make an appointment to send or respond.

State topic in one sentence, be clear on your intention and stay with one topic.

Speak about oneself, not one's partner.

Send in small, digestible bites.

## RECEIVER

Temporarily set aside one's world and create internal spaciousness.

Cultivate a state of curiosity, openness, acceptance, presence, and empathy.

Communicate to the sender that they are available now or when they will be.

## Mirroring

Let me see if I've got you...

I heard you say, or You said....

Am I hearing you? or Did I get you?

Is there more about that?

(This is like unpeeling an onion. The receiver asks, "Is there more about that?" until there is no more. A summary mirror is an optional step at this point.)

## Validation

You make sense to me because....

I can understand that...given that....

I can see how you experience it that way because sometimes I do/am...

(This is the place to take ownership for one's behavior)

## Empathy

I imagine you might be feeling...Are those the feelings? Are there other feelings? (Then mirror additional feelings)