

IMAGO Dialogue Outline

SENDER

“I would like to Dialogue about...Is now ok?”

Send Message, using “I” language. When talking about your partner only describe specific behaviors or words. E.g., **“When you said (or did) ... I thought ... and I felt...”**

Check for accuracy of the mirror and resend or modify any parts not clearly received.

Listen to summary and give accuracy check. Resend if necessary. **“Yes, you got it all.”** Or **“the part you got was... and I also want you to hear...”**

Listen to and receive validation.

Listen to and receive the empathy if the RECEIVER did not get the feelings right or did not get all of the feelings, share with the RECEIVER. **“I think I felt more...”** or **“Yes, and I also felt...”**

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RECEIVER

I’m available now.

Mirror and check for accuracy.

“Let me see if I’ve got you. You said...” or **“Did I get you?”** and **“Is there more about that?”**

Summarize

“Let me see if I got it all. In summary, what you said was...” **“Did I get all of that?”** or **“Is that a good summary?”**

Validate

“I listened carefully to what you said. I follow what you are saying. Your perspective is important and valuable to me. And you make sense.”

Empathize

“I imagine that you might be feeling... or I imagine you might have felt...”

Accuracy Check

“Is that what you are feeling?”

Now SWITCH ROLES. The new SENDER starts with **What I experienced inside as I listened to you just now is...** or **“The way I would like to respond is...”**

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