

Imago Dialogue

Sender

Receiver

Begin with centering – preparing: Guided imaging of quieting and coming into the present with an open heart – available to stay connected

Mirroring

1. Make an appointment: **“I would like to have an Imago Dialogue with you... Is now a good time?”**
2. Grant Request: **“Yes, now is good.”**
3. In one sentence say, **“What I want to talk about is ...”**
4. Mirrors (may hold up hand) **“You are saying ...”** (after accurate) **“Is there more about that?”**
5. (*Now, expand the topic* In short messages / sends and using the sentence stems below)
 - a. What **hurts** me about that is ...
 - b. What I am **afraid** of is ...
 - c. What this **reminds** me of from childhood is ...
6. Mirrors ... (continues to mirror until full message is received as intended) **“You are saying ...” “Is there more?”**
7. When no more. **Summarize**

Summary

7. Mirrors by saying, **“If I got all of that, You are saying ...”**
“Did I get all of what you said?”

Validation

8. Using the nutshell summary, Begin with:
“You make sense because ...” OR
“I can understand that you ...”
(This is **not** agreeing with the message)
“Am I hearing you accurately?”
9. **“Yes, you are hearing me accurately.”**

Empathy

10. And, **“I can imagine that you might be feeling ...”** OR **“I can see that you are feeling ...”**
“Am I getting your feelings?”
“Are there other feelings?”
11. **“Yes, you are!”**
“No”
“Thank you for getting me”