

The Imago Dialogue

The Receiver



MIRROR

1

"What I heard you say is ..."

Check It Out

"Did I get you?"

Ask For More

"Is there more?"

Keep Mirroring

Keep repeating until Sender says there is no more

SUMMARY (optional)

2

"If I got it all, you said ..."

Check it out

"Did I get it all?"

2 Choices:

VALIDATE

3

"You make sense to me because..."

Ask for clarification

"Help me understand. Can you say more about 'X'?"

Check it out

"Does it feel like I'm getting you?"

If Sender does not feel understood, ask:

"What would feel more validating?"

EMPATHIZE

4

"I can imagine you might be feeling..."

Check it out

"Is that how you're feeling?"

END

5

"Thanks for sharing"

Ask to switch (optional)

"May I respond?"

NEGATIVE FEELING PROMPTERS

frustrated	sad	rejected	overwhelmed	betrayed
irritated	anxious	abandoned	unheard	cheated
angry	helpless	lonely	discounted	guilty
hurt	hopeless	alone	invisible	embarrassed
criticized	insecure	controlled	unloved	humiliated
attacked	scared	pressured	confused	ashamed
depressed	neglected	trapped	manipulated	enraged