

Directions for a simple Imago dialogue

You can begin to use the Imago Dialogue to share with your partner something that concerns you, and that you would like to share with them. A great way to start using the dialogue is to share something that you appreciate about your partner. Try it, and see how you feel when your partner mirrors back your appreciation of them.

Here are some specific phrases you can use as you practice dialogue

SENDER

I would like to dialogue about . . .

Is now okay?

I feel . . .

I love . . .

I need . . .

What's bothering me is . . .

RECEIVER

1. Mirroring

Let me see if I've got you.

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

Am I getting you? or Did I get that?

Is there more about that?

Summary mirror

Let me see if I got it all . . .?

Am I getting you? Did I get all of that?

or Is that a good summary?

2. Validation

You make sense to me, and what makes sense is . . .

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

I can see how you would see it that way because sometimes I do . . .

3. Empathy

I imagine you might be feeling . . .

Is that what you're feeling?

SWITCH ROLES

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